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PAGES 12 & 13



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With the NHL locked out,
 Metro speaks to the people who play for love
BLADES... NO GLORY

PAGES 18 & 19

Speed of beef processing affects safety: Union

Tainted meat. Workers don't have enough time to sanitize equipment, official says

The fast pace of slaughter operations at XL Foods forces workers to take shortcuts around cleanliness and puts the health of beef-eating Canadians at risk, says the union for workers at the meat packer shut down over E. coli concerns.

Doug O'Halloran, president of the United Food and Commercial Workers, Local 401, says the processing line at the XL Foods Lakeside operation in Brooks moves too quickly and he wants a public inquiry into the problems that led to the plant's shutdown.

O'Halloran told a news conference on Wednesday that 300 to 320 carcasses go by workers every hour and employees make 3,000 to 4,000 cuts a shift. That has resulted in less time in which to make sure knives are sanitized after each cut.

"It's just not enough time," he said, citing other examples of poor hygiene at the plant. He said cattle are supposed to be washed before they enter to ensure their hide is free of manure. But sometimes the water is not hot enough to get off all the excrement.

O'Halloran said the plant's increasing reliance on temporary foreign workers is also a problem. The company has not worked with the union to ensure the workers are properly trained and know what their rights are,

he added.

XL Foods CEO Brian Nilsson could not be reached for comment but issued a news release on Wednesday, saying the company has an open-door policy for its workers and has always welcomed their input on plant operations.

"I am saddened that the UFCW has chosen to attack the workmanship of its many members," Nilsson said. "We have extensive training programs for new workers and hold our workers in the highest regard for their abilities."

Meanwhile, inspectors with the Canadian Food Inspection Agency were at the plant on Tuesday for what was termed a "pre-inspection." A report from that visit was being reviewed on Wednesday.

THE CANADIAN PRESS

Sip and sup outside

The city is looking at policy changes that could see sidewalk cafés and food carts blossom next spring PAGE 6

This spy never goes out of style

Metro talks to longtime James Bond designer Lindy Hemming about the spy's smouldering look PAGE 31

Armstrong's old teammate dishes

Canadian cyclist Michael Barry admits to doping while on the pro circuit PAGE 37

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NHL

Lockout just fine: Labour board

The Alberta Labour Relations Board has decided that the NHL's lockout of players from the Edmonton Oilers and Calgary Flames can continue.

The board said in a written ruling released Wednesday that forcing an end to the lockout for two members of a 30-team league would be unlikely to solve the contract dispute between the NHL and the players' union.

"It is our expectation this is nothing more than an unhelpful distraction from their efforts," the ruling said.

"An order declaring the lockout to be in violation of the (Alberta Labour Relations) Code would have no positive impact on this dispute."

The National Hockey League Players' Association had wanted the board to rule the lockout illegal in Alberta. Bill Daly, the NHL's deputy commissioner, said the league was pleased with the ruling.

"We are hopeful that this will enable both the league and the NHL Players' Association to focus all our efforts and energies on negotiating a new collective bargaining agreement in order to get our game and our players back on the ice," Daly said in a statement.

A statement from the NHLPA said the union was considering its options.

"The players are obviously disappointed with today's decision. Unfortunately, the Alberta Labour Relations Board decided not to exercise its discretion to determine whether the owners' lockout violates Alberta law."

The union had argued that the teams are businesses and as such must abide by provincial labour rules. **THE CANADIAN PRESS**

Spruce Grove. Saturday marks one year since murder of teacher

Edmonton RCMP are reminding area residents that the one-year anniversary of a Spruce Grove woman's death is coming up — and there is still a \$50,000 reward for information regarding her murder. Jolene Cote, 36, was found dead in her home Oct. 13. She was last seen on a surveillance video leaving a west Edmonton store around 10:40 p.m. on Oct. 12. Investigators have not released her cause of death. **METRO**



Jolene Cote CONTRIBUTED

South Edmonton. Police investigating series of indecent exposures

Edmonton police are on the lookout for a suspect after multiple reports of early morning indecent exposures on the south side of the city.

EPS is investigating five incidents in the neighbourhoods of Ritchie, Hazeldean and Royal Gardens from Sept. 24 to Wednesday, within the areas of 99 Street and 112 Street, and 46 Avenue and 63 Avenue.

Police say that reports from each incident indicate a man with a covered face approached women walking from 6:30 to 8:30 a.m., got their attention, and then pulled down his pants and masturbated.

Anyone with information should call police at 780-423-4567 or Crime Stoppers at 1-800-222-8477. **METRO**

Seize speeding cars in most serious cases: Chief

Safety. Transportation minister says province's new impaired-driving law can't be compared to Knecht's proposal

RYAN TUMILTY
ryan.tumilty@metronews.ca

Edmonton police Chief Rod Knecht says his proposal to seize the vehicles of excessive speeders is aimed at a small number of drivers who are creating a big public-safety risk.

"It is a very small number, but it is significant enough of a number that they are endangering the public," he said Wednesday.

Justice Minister and Solicitor General Jonathan Denis poured cold water on the notion earlier this week, saying he was concerned about the civil-liberties implications.

The decision, Denis said, would ultimately be in the hands of Transportation Min-

Other provinces

British Columbia, Ontario and Quebec allow officers to seize vehicles in cases where a car was excessively speeding.

ister Ric McIver, who said Wednesday he is still studying it.

"We are not committed to going down that path, but we are evaluating it," McIver said.

McIver also said the province's new impaired-driving law is not a fair comparison to this proposal, because there are appeals built in.

Knecht said with Edmonton seeing double the number of traffic fatalities this year, he feels an obligation to bring forward something that might bring about change.

"We don't want onerous laws, we don't want unenforceable laws — we want laws that reflect what the public is willing to accept," he said.



Transportation Minister Ric McIver says his department is still considering a proposal from EPS Chief Rod Knecht for legislation that would allow officers to seize the vehicles of those speeding excessively. **RYAN TUMILTY/METRO**

1
NEWS



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Feds pony up cash for Henday tab

Ring road. Ottawa handing over up to \$36.8 million for \$1.8-billion project

RYAN TUMILTY

ryan.tumilty@metronews.ca

The federal government announced Wednesday it will chip in to help the province

pay for the last leg of Anthony Henday Drive.

Minister of State for Democratic Reform and Sherwood Park MP Tim Uppal announced up to \$36.8 million to help pay for the project, saying it was an important investment in the region.

The funding comes through Public Private Partnerships Canada, which looks for public-private unions in infrastructure

projects. The province is building the Henday with that model, and Uppal said it provides good value for tax dollars.

"When government partners with the private sector, you ensure not only that the project is done on time, it's done on budget and you get a quality product," Uppal said.

Construction on the last stage, taking the road from Manning Drive to Yellowhead

Trail, started this year. The cost of this project is expected to be \$1.8 billion, and the road is to open in the fall of 2016.

The federal funds will be used specifically on a bridge structure over the North Saskatchewan River.

Alberta Transportation Minister Ric McIver welcomed the federal contribution.

"It matters. It makes a difference. It gets this project

Completing the circle

- The full ring road has cost the province nearly \$4 billion to complete.
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done, and it's \$37 million more than our government will have to spend on other infrastructure or return to taxpayers in some form or fashion."



A glimpse inside the Tsars' Cabinet

A new exhibit at the Royal Alberta Museum takes a glimpse into the lost opulence of Imperial Russia, displaying dazzling table service items, porcelain Easter eggs, neoclassical urns and more, which reflect the lavish life of the Romanovs. The Tsars' Cabinet opened Saturday and runs until Jan. 2. For a gallery of photos, visit metronews.ca. HEATHER MCINTYRE/METRO

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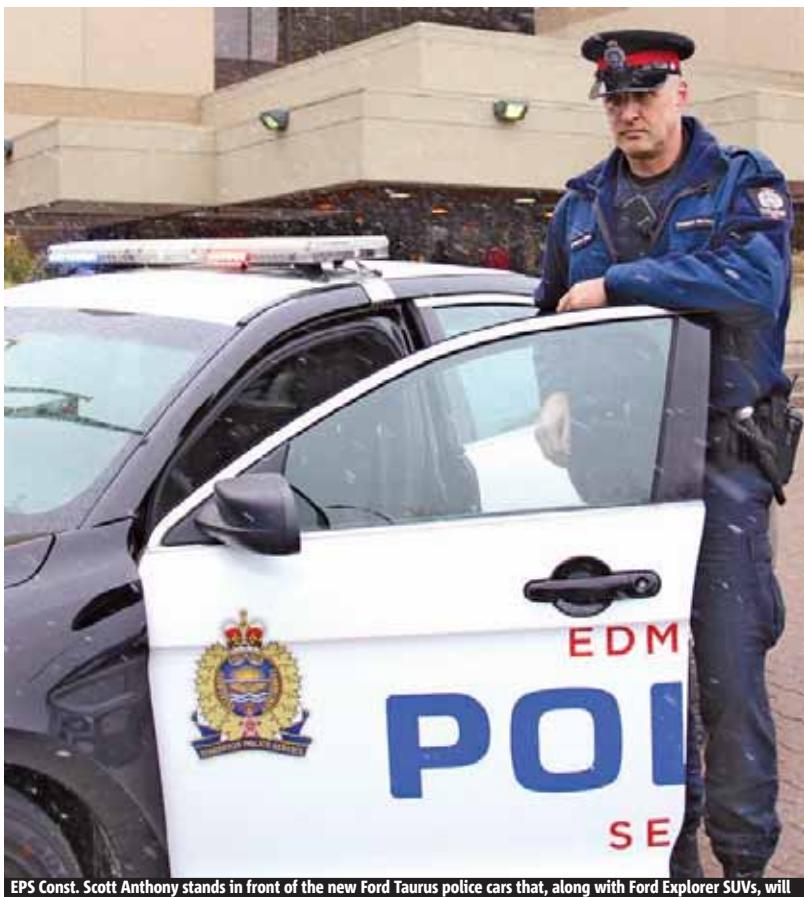
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EPS Const. Scott Anthony stands in front of the new Ford Taurus police cars that, along with Ford Explorer SUVs, will begin hitting the streets this month. RYAN TUMILTY/METRO

New police cars hitting Edmonton streets this month

Replacement rides.

EPS looking to supplant Crown Victoria vehicles

RYAN TUMILTY
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Some new police wheels will be hitting the streets this month, as the Edmonton police department continues its search for a replacement vehicle.

Along with police agencies across North America, the Edmonton Police Service is looking for alternatives to the Ford Crown Victoria, which ceased production in September 2011.

In addition to Dodge Chargers, which hit the streets last year, a new Ford Explorer and Ford Taurus-style police vehicle will go into service this month.

Const. Scott Anthony, with the EPS training unit, said the goal is to get a good sense of the vehicles' strengths and

weaknesses.

"We will be testing those out to see, and try and get some apples-to-apples comparisons against the new Dodge," said Anthony.

Anthony said while both vehicles have been put through their paces on test tracks, they will learn a lot from having them out on the street.

"It is one thing to have them on a test track, it's another thing to have them on the street."

Anthony said trying to replace the Crown Vics will be a real challenge. "It is tough, because the Ford Crown Victoria has been a real proven police vehicle," he said. "Hopefully these or the Dodge Charger are going to be able to meet the same requirements."

The new Ford vehicles will hit the streets as current vehicles are retired. A permanent decision on new vehicles is expected near the end of 2013.

Rolling out

- Siren.** The new Ford police vehicles come with a new low-frequency siren, which the company says is louder and longer and can be better heard inside vehicles.

- New models.** There are 10 Dodge Chargers on city streets, and when fully rolled out there will be 20 of the Ford Explorers and 10 Ford Taurus models as part of the test.

- Cost.** Fully equipped police sedans cost about \$55,000 and the SUVs cost around \$64,000. Lights, sirens, computers and radios are often reused, and that can lower the cost.

- Fleet.** The department has approximately 300 vehicles in its patrol fleet.

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Caterina Bidonio, who works at Transcend Coffee on Jasper Avenue, enjoys a break on one of 65 sidewalk cafés that are set up in Edmonton during the spring and summer months. METRO FILE

Café culture to bloom in spring?

Policy improvements. City debating changes that would encourage more outdoor patios and food trucks

 **HEATHER MCINTYRE**
heather.mcintyre@metronews.ca

Pop-up patios should appear on Edmonton sidewalks with a bit more ease next spring, as city staff work to change some policies on sidewalk cafés.

Suggestions to speed up the licensing process and increase options went before a council committee on Wednesday.

"I think it's good they're planning on being more of a facilitator," Coun. Ben Henderson said. "Up until now, tolerance has been low."

Proposed policy changes include a minor and major application stream, depending on the size of the patio, with likely a one-week approval timeline as opposed to months.

It may also be possible, on a case-by-case basis, to reduce or eliminate some parking requirements, and to use on-

Mobile-food changes in the works

Stakeholder consultation is set to begin for improving the city's street-vending program in time for the 2013 season, due to the growing number of vendors (225 permits issued between Jan. 1 and Aug. 3, including for 26

food trucks).

Focuses include vendor-business conflicts, loosening up on locations, extending time restrictions, allowing tables and chairs, and clarity around permit issuance.

have been saying no to them."

Discussions will also be held with the City of Calgary about approaching the province regarding AGLC rules that limit some options.

While that may take longer, Mayor Stephen Mandel said it should be "bing, bang, bong" for coffee shops to put out "two tables and some chairs."

"This seems to be pretty simple, and I don't know why it wasn't done 10 years ago."

Follow Heather McIntyre on Twitter @Metro_Mac

street parking to accommodate sidewalk cafés.

Heaters and the option of winter openings will also be

explored, Henderson said. "There are some things in other cities that are just not happening here because we

Long-weekend patrols

Thousands ticketed in traffic blitz

Edmonton police handed out more than 6,000 violations over the Thanksgiving weekend.

Figures released on Wednesday include eight excessive speeders travelling more than 50 km/h over the speed limit, as well as six impaired-driving charges and 15 immediate 72-hour roadside sanctions at a Checkstop on Oct. 5.

Overall, EPS said the numbers tallied up to 6,007, including 5,461 speeding violations, 35 seatbelt violations, 37 distracted-driving violations and 10 criminal offences. METRO

Tower imbroglio

Mayor mulls leasing city property for cell towers

The battle over cell towers in Edmonton continued on Wednesday at a council committee meeting.

Industry Canada has the final say, but municipalities can voice their concerns about surrounding neighbourhoods. Recommended bylaw amendments include building towers away from homes when possible.

Mayor Stephen Mandel asked if the city could lease some of its 900 properties to ensure the towers are built away from residential areas. A report on the feasibility of that, as well as further consultation with all parties, could be ready before the end of the year.

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Const. Tanya Forst, left, and Const. Helen Black, in a 1960s-era police uniform, stand in front of the photo exhibit at city hall marking 100 years of women in policing. The exhibit runs until Oct. 19. RYAN TUMILTY/METRO

Exhibit marks 100 years of female cops

A major step forward.
Edmonton hired Canada's first female officer in 1912

RYAN TUMILTY
ryan.tumilty@metronews.ca

The Edmonton Police Service has been a co-ed organization for 100 years and the force is celebrating this milestone with a new photo exhibit at city hall.

The "100 Years of Women in the EPS" is now open in the building's main lobby and features photographs dating back

to the first female recruit, Const. Annie Jackson, who signed up in 1912.

Const. Helen Black, who put the exhibit together, said Jackson's appointment to the ranks was a major step forward for women.

"One hundred years ago the Edmonton police hired the first female police officer not only in Edmonton, but anywhere in Canada," Black said at the launch of the exhibit Wednesday.

She added that Jackson also received equal pay, which was unheard of at the time.

"Equal pay back then would have been a big deal to her male counterparts, con-

By the numbers

20%

Women make up about 20 per cent of the current Edmonton Police Service.

sidering women weren't even voting."

Black, who works in recruiting, said today roughly 20 per cent of the force is made up of women and officers have the same expectations and duties regardless of their gender.

"You go through the same training as males and so the expectation is definitely equal to that of the males."

Wildrose gives beef a boost

The snow may have been falling on the lawn of the Alberta legislature at lunchtime Wednesday, but Opposition Leader Danielle Smith and a few Wildrose MLAs were flipping all-Alberta, all-beef burgers for the public.

It was a free lunch, but it was also a chance for politicians to show support for the Alberta beef industry and call out XL Foods Inc.

Smith said she isn't looking to lay blame for the tainted-meat scandal, which has seen a number of Canadians fall ill from E. coli and shut down Alberta's largest beef-processing plant.

Fellow MLA and agriculture critic Ian Donovan said everyone in this province is touched

by the beef industry. His own Calgary-area riding — dubbed "feed-lot alley" — is rich with grain and beef producers whose lives have been put on hold for the past month.

"They've identified the problems, and now have checks and balances in place — XL is still a good facility," said Donovan. "I want to focus on showing everyone we have the best beef in the world, and that we're handling it correctly."

Edmontonian Ryan Boudreau, who happened upon the free lunch, said he's not worried at all. "I still have bulk meats left in my freezer, so I haven't bought any beef lately. But I believe they'll take care of the problem."

LUCY HAINES/FOR METRO



Wildrose Leader Danielle Smith doles out burgers Wednesday at the Alberta legislature grounds.

LUCY HAINES/FOR METRO



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Surprise plea. Navy officer admits guilt in East Coast spy case

A navy intelligence officer rose before a judge in a Halifax court Wednesday to plead guilty to espionage.

His plea will make him the first person in Canada to be convicted under the Security of Information Act.

Sub-Lt. Jeffrey Paul Delisle, 41, showed no emotion as he acknowledged he understood the consequences of entering a guilty plea.

Defence lawyer Mike Taylor said Delisle decided to end the matter that raised uneasy questions about Canada's relations with its closest allies.

"He just wants to move forward, he wants to get it done, put it behind him," Tay-

The man

Sub-Lt. Jeffrey Paul Delisle gained officer status in 2008.

- **Listening post.** He worked at Trinity, a military intelligence centre on the East Coast. Experts say it provides tactical assessments for Canadian warships and aircraft.

lor said outside court.

The sentencing hearing is set for Jan. 10.

THE CANADIAN PRESS

Probation problem?

Anti-Muslim-film man faces hearing

The man behind an anti-Muslim film that sparked violence in the Middle East denied Wednesday he violated his probation from a 2010 bank-fraud conviction.

A judge in Los Angeles

scheduled an evidentiary hearing on Nov. 9 for Mark Basseley Youssef.

Youssef, 55, went into hiding when violence erupted in Egypt on Sept. 11.

The film depicts Mohammad as a religious fraud, womanizer and pedophile. The violence sparked by the film killed dozens.

THE ASSOCIATED PRESS

Pussy Riot court shocker: One free, two face Siberia



She's free, but her comrades are not so lucky: Pussy Riot member Yekaterina Samutsevich leaves a Moscow court surrounded by bailiffs on Wednesday.

YURI TUTOV/THE ASSOCIATED PRESS

World activists stunned. Punk-band member walks from court on a technicality, while her comrades head to a penal colony

One jailed member of the punk band Pussy Riot unexpectedly walked free from a Moscow court Wednesday.

But her two jailed comrades now head toward a harsh punishment — a penal colony, possibly in Siberia.

Nevertheless, the pair squealed with joy and hugged Yekaterina Samutsevich before she was led from the courtroom to be mobbed by

Quoted

"It is a very cold climate for human rights in Russia right now."

Suzanne Nossel, executive director, Amnesty International USA.

friends and journalists waiting outside on the street.

All three women got two-year sentences in August after they performed a "punk prayer" in Moscow's main cathedral.

Dressed in neon-coloured dresses and tights, they asked the Virgin Mary to save Russia from President Vladimir Putin.

"If we unintentionally offended any believers with our actions, we express our apologies," said Samutsevich, who along with Maria Alekhina and Nadezhda Tolokonnikova spoke in court Wednesday from a glass cage known colloquially as the "aquarium."

"The idea of the protest was political, not religious," Samutsevich added.

She was freed on a technicality. The Moscow City Court ruled her sentence should be suspended because she was thrown out of the cathedral by guards before she could remove her guitar from its case and thus did not take part in the performance.

THE ASSOCIATED PRESS

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Syrian plane forced to land in Turkey

Suspicion. Jet lands at Ankara airport as tensions between the neighbours mount

Turkish jets on Wednesday forced a Syrian passenger plane to land at Ankara airport on suspicion that it may be carrying weapons, officials and news reports said.

State-run TRT television said an Airbus A320 coming from Moscow was intercepted by F16 jets as it entered Turkish airspace and escorted to the capital's Esenboga Airport. The station said authorities grounded the plane on suspicion that it was carrying heavy weapons.

Foreign Ministry Spokesman Selcuk Unal confirmed that a Syrian plane was forced



Turkish Chief of Staff Gen. Necdet Ozel, right, inspects troops along the border with Syria Tuesday.

THE ASSOCIATED PRESS

to land.

"We asked a Syrian civilian plane to land," he said in an email. "We are investigating."

Turkish Foreign Minis-

ter Ahmet Davutoglu, interviewed by Turkey's state-run TRT television in Athens, said that the plane was forced to land because of information that it may be carrying "certain equipment in breach of civil aviation rules."

Earlier Wednesday, Turkey's military chief vowed to respond with more force to any further shelling from Syria, keeping up the pressure on its southern neighbour a day after NATO said it stood ready to defend Turkey.

Gen. Necdet Ozel was inspecting troops who have been put on alert along the 910-kilometre border with Syria after a week of cross-border artillery and mortar exchanges escalated tensions between the neighbours, sparking fears of a wider regional conflict.

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Four British scientists survey ice levels from above in Antarctica in 2003. DAVID VAUGHAN/THE ASSOCIATED PRESS

Ice levels on the rise in Antarctica

Unlike the Arctic.

Climate-change skeptics say scientists have ignored data for political reasons

The ice goes on seemingly forever in a white pancake-flat landscape, stretching farther than ever before. And yet in this confounding region of the world, that spreading ice may be a cockeyed signal of man-made climate change, scientists say.

This is Antarctica, the polar opposite of the Arctic.

While the North Pole has been losing sea ice over the years, the water nearest the

Quoted

"It sounds counterintuitive, but the Antarctic is part of the warming as well."

Ted Scambos, researcher with the National Snow and Ice Data Center in Colorado, explaining why climate change means more ice in Antarctica.

South Pole has been gaining it. Antarctic sea ice hit a record 19.45 million square kilometres in September. That happened just days after reports of the biggest loss of Arctic sea ice on record.

Climate-change skeptics have seized on the Antarctic ice to argue that the globe isn't warming, and that scientists are ignoring the southern continent because it's not convenient. But scientists say the skeptics are misin-

terpreting what's happening and why.

Shifts in wind patterns and the giant ozone hole over the Antarctic this time of year — both related to human activity — are probably behind the increase in ice, experts say. This subtle growth in winter sea ice since scientists began measuring it in 1979 was initially surprising, they say, but makes sense the more it is studied.

"A warming world can

have complex and sometimes surprising consequences," researcher Ted Maksym said this week from an Australian research vessel surrounded by Antarctic sea ice. He is with the Woods Hole Oceanographic Institution in Massachusetts.

Many experts agree. Ted Scambos of the National Snow and Ice Data Center in Colorado adds: "It sounds counterintuitive, but the Antarctic is part of the warming as well."

Sea ice is always melting near one pole while growing around the other. But the overall trend year to year is dramatically less ice in the Arctic and slightly more in the Antarctic.

THE ASSOCIATED PRESS

Disarmament. Russians say no to U.S. nuke deal

Russia said Wednesday it had no intention to automatically extend a 20-year-old deal with the United States helping secure and contain the nation's nuclear stockpiles, a move that comes amid a growing isolationist streak in Kremlin policy.

Under the 1992 program initiated by Sens. Sam Nunn and Richard Lugar, the U.S.

has provided billions of dollars in equipment and know-how to help Russia and its ex-Soviet neighbours deal with their shared Soviet-era nuclear legacy.

The Russian Foreign Ministry said Wednesday that it wouldn't accept a U.S. offer to extend the deal that expires in 2013 without a major overhaul. THE ASSOCIATED PRESS

Protesters. Four arrested at Swedish nuclear plant

Swedish police arrested four activists Wednesday who had spent 28 hours hiding on the grounds of a nuclear power station near Stockholm. Greenpeace said two other anti-nuclear protesters left on their own after hiding at another plant on the east coast.

Nuclear power officials said the activists were in the outer perimeters of the nuclear

power stations and posed no security threat. The campaigners say they were trying to highlight what they say is poor safety at Swedish nuclear sites.

The four demonstrators were among some 20 people who forced their way into the Ringhals reactor site on Tuesday morning by breaking chains on an outer perimeter gate. THE ASSOCIATED PRESS

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A WARDROBE OF POSSIBILITIES

Violence mars first Day of the Girl Child

'Collective sense of horror' 14-year-old advocate of girls' right to education shot

 JESSICA SMITH
Metro in Toronto

Oct. 11 was meant to be an international celebration of girls and their right to go to school — but the shooting of a 14-year-old girl who dared to demand an education in Pakistan has brought new urgency, and tragedy, to the cause.

The first-ever International Day of the Girl Child has been recognized by the United Nations for the first time, after years of diplomatic work spearheaded by Canadians and the charity Plan Canada and its Because I am a Girl initiative.

"The celebration is now mixed with our collective sense of horror, that a young 14-year-old girl who simply wanted to go to school has

been gunned down," said Rosemary McCarney, president and CEO of Plan Canada. "It's a terrible moment in the world that this young crusader, who was doing exactly what every girl in Canada knows is her right, has been harmed."

A gunman shot Malala Yousufzai in the head and neck on a school bus in the Swat Valley Tuesday. The Taliban took credit for the attack, and promised to attack her again — because she is an outspoken advocate of girls' right to education.

Malala has spoken publicly and blogged with intelligence beyond her age since

she was 11 years old. Her struggle for education, however, is not unique.

"Malala is a 14-year-old who just wanted to go to school. She has joined 75 million other girls around the world who are not in school today," said McCarney. "In 2012, there's no excuse. There's no excuse for these girls not to be able to take their rightful place in schools around the world."

The International Day of the Girl Child celebrations will go on. Landmarks, including the CN Tower, Niagara Falls, pyramids in Egypt and iconic buildings around

the world, will be lit up in pink, and long-planned events — including a concert in Toronto on Thursday — will proceed, said McCarney.

It will be a celebration of Malala and all girls, she said.

"There are many other girls around the world — 75 million others — who aren't in school as well, for reasons of violence, because they've been married off, because they've been sold off into labour. For all kinds of reasons," she said.

"This is everyone's problem. Not just the problem of one family and one country. This is all of our issue."

WITH FILES FROM THE ASSOCIATED PRESS

Nine years in school

To mark the International Day of the Girl Child, Plan International launched the Because I am a Girl initiative and is calling for girls to get a minimum of nine years of quality education.

- Since 1999, girls have nearly achieved parity with boys in access to elementary school education — and the worst inequalities now persist only in the poorest, most remote and rural pockets of the world, said McCarney.
- According to Plan, every year 10 million girls are forced or coerced into marriage, which often leads to girls leaving school early, as well as an increased likelihood of HIV-AIDS and chance of death during childbirth.



Women hold banners during a protest condemning the attack on schoolgirl Malala. Pakistani doctors removed a bullet Wednesday from the neck of the 14-year-old speaking out in support of education for women, a government minister said. "The Taliban is afraid of an unarmed girl" MUHAMMED MUHEISEN/THE ASSOCIATED PRESS



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Yousafzai in Islamabad on Wednesday, girl who was shot by the Taliban for The banner on the bottom right reads,

What about the boys? Research shows men benefit from embracing gender equality

Girls alone can't solve gender inequality — and the Because I am a Girl campaign is about boys, too.

"It's fundamental that boys are a part of this," said Plan Canada CEO Rosemary McCarney. "We know that gender inequality doesn't work for boys either, who are forced into very stereotypical, macho, self-perpetuating images of their role in life, to protect and defend girls instead of championing girls' rights to be powerful."

Plan Canada's research found that men who stand up for gender equality can face difficulties in going against the prevailing norms in their countries, and some worry about the lack of opportunities for boys as girls' rights increase, according a 2011 report on boys.

At the same time, Plan found boys and men who have embraced gender equality benefitted from the better relations and freedom that come with letting go of traditional, confining definitions of masculinity.

One new program that teaches boys to be men in



Malala Yousafzai was gunned down on Wednesday. TORSTAR NEWS SERVICE

Canada is Game On, run in schools by the Big Brothers Big Sisters of Canada — and there is a big need for it, said BBBSC president Bruce MacDonald.

Through physical activity and the leadership of young men, the program teaches smart and healthy eating and living, and instils respect for socio-economic, ethno-cultural and racial diversity, said MacDonald.

"There needs to be an emphasis on both genders and making sure all kids get the potential to succeed," he said.

JESSICA SMITH/METRO IN TORONTO



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Soprano to hit high notes in space mission

A Starship Trooper.

British singer Sarah Brightman poised to become first recording artist in space

Sarah Brightman, the world's biggest-selling soprano, says she has booked a trip to the International Space Station.

Brightman, who had a hit in 1978 with *I Lost My Heart*

to a Starship Trooper, will become the first recording artist in space.

The British singer said Wednesday that after touring the world in 2013 for her new album, *Dreamchaser*, she will spend six months in Russia's Star City cosmonaut training centre.

Brightman, a UNESCO ambassador, said the trip would also serve as a way to promote the UN agency's message, in particular by en-

Expensive flight

"Part of the cost will be coming from myself."

Singer Sarah Brightman talks about the cost of her flight to the International Space Station, which some sources say will cost her \$51 million

couraging women's education in the sciences and environmental awareness.

She hinted at the possibil-

ity of doing a promotional "space concert."

Brightman teamed up with Space Adventures, a company that organizes trips for private space explorers.

The first leg of her world tour kicks off in Canada next January — and Brightman says there's a reason for that.

She told The Canadian Press it was one of the first countries that picked up on her when she started out as a solo recording artist.

"It's dear to my heart, and also my grandfather on my mother's side and my great-grandparents made the journey across to Saskatchewan and they lived there as farmers," she said in an interview from Moscow.

No date has been set for her space odyssey to the International Space Station, but Brightman said she's looking at between late 2014 and early 2015.

THE CANADIAN PRESS



British singer Sarah Brightman
MIKHAIL METZEL/THE ASSOCIATED PRESS

Taming of the Dragon. Canadarm snares cargo ship for space station

Canada's robotic arm on the International Space Station was put to work Wednesday when it grabbed a cargo ship that arrived at the orbiting space lab.

The unmanned capsule, built by California-based SpaceX, brought supplies to the space station — the first official shipment under a billion-dollar contract with NASA.

The SpaceX cargo ship, called Dragon, eased up to the orbiting lab, and station astronauts reached out with the Canadian robot arm and snared it.

Then they firmly latched it down.

"Looks like we've tamed the Dragon," reported space station commander Sunita

Williams. "We're happy she's on board with us."

Williams thanked SpaceX and NASA for the delivery, especially the chocolate-vanilla swirl ice cream stashed in a freezer.

The linkup occurred 400 kilometres above the Pacific, just west of Baja California, 2 1/2 days after the Dragon's launch from Cape Canaveral, Fla.

"Nice flying," radioed NASA's Mission Control.

It's the second visit by a Dragon capsule to the orbiting lab.

The first was a test flight last spring.

The \$1.6-billion contract between SpaceX and NASA calls for 12 shipments.

THE CANADIAN PRESS

Alleged murder

Charges upheld in deadly-buttocks-enlargement case

A Philadelphia woman known as "the Black Madam" performed deadly cosmetic surgery on a London dancer in an airport hotel room, then used Krazy Glue to close the wounds and fled when the client went into respiratory distress, witnesses testified Wednesday.

A judge upheld a third-degree murder charge against Padge Gordon after the woman's friend testified about getting silicone injections to enlarge their buttocks in February 2011.

Delaware County Medical Examiner Frederic Hellsaid told the court 20-year-old Claudia Aderotimi died of a pulmonary embolism.

Police believe Gordon has performed at least 14 cosmetic surgeries, moving locations and using different names to avoid detection.

THE ASSOCIATED PRESS

Primate castaway

Traps set after wayward monkey bites woman

Wildlife officials in Florida say the mystery monkey of Tampa Bay bit a woman during an unprovoked attack in St. Petersburg.

Florida Fish and Wildlife spokesman Gary Morse says the woman was sitting outside Tuesday when the monkey bit her on the back.

The Tampa Bay Times reports wildlife officials sent a trapper to the area.

The wild rhesus macaque has become famous in the Tampa Bay area. It has a Facebook page and has been featured on Comedy Central's *Colbert Report*. The elusive monkey has been spotted numerous times in the Tampa Bay area in recent years.

Officials have warned the public against feeding the monkey. They believe it was cast out of a colony in Silver Springs near Ocala.

THE ASSOCIATED PRESS

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Ontario legislature

Conservative
MPPs sponsor
pro-life event

Ontario's Liberal government accused the Progressive Conservatives Wednesday of trying to reopen the abortion debate after three Tories sponsored a news conference at the legislature to stop public funding of the controversial procedure.

It only takes one MPP to sponsor an event in the

legislature's media studio, so having Conservative MPPs John O'Toole, Randy Hillier and Rick Nicholls all sponsor an announcement by Campaign Life was a clear attempt to reopen the abortion debate, said Laurel Broten, the minister responsible for women's issues.

"We have seen Prime Minister (Stephen) Harper distance himself from the issue, but at the same time allow backbench MPs to drive an agenda forward," Broten told reporters.

THE CANADIAN PRESS

Media studies

Now, we bring you
more bad news ...
about the news

It's said that no news is good news. But what's the effect of bad news in the media?

For women, exposure to negative news stories may make them more reactive to subsequent stressful situations, according to a study published Wednesday in the journal PLoS One, which did

not see that same response in men.

Researchers also found that women had a better recollection of information learned from those so-called bad news stories. It's difficult to avoid the news, considering the multitude of news sources out there.

"And what if all that news was bad for us? It certainly looks like that could be the case," said lead author Marie-France Marin, a PhD candidate in neuroscience at the University of Montreal. THE CANADIAN PRESS

N.Y.C. homeless
crisis worsensEmergency. New York
is required by law to
provide shelter to every
person who seeks it

bring in crime and drugs.

"It sort of felt almost like a bomb landing," said Gwynne Rivers, a mother of three who lives near a new shelter for homeless adults on the city's Upper West Side. "We just have lots of concerns about safety."

Bloomberg has opened 10 new homeless shelters in recent months in response to the escalating crisis. A recent census report found the city harbours a disproportionate 14 per cent of the nation's homeless, with Los Angeles a distant second at three per cent.

The crisis stems from a lack of affordable housing and the city's ever-growing gap between the rich and the poor, one of the widest in the U.S. and comparable to that found in sub-Saharan Africa.

As the crisis escalates, the city has used its power of emergency authority to create shelters as quickly as possible, bypassing the typical community approval process. And that has created turmoil in neighbourhoods like the Upper West Side, where a shelter opened in August among apartments occupied by the wealthiest one per cent of Americans.

THE ASSOCIATED PRESS



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A recently opened homeless shelter in New York is viewed from behind a fenced playground last month. Neighbours are in turmoil, saying they were blindsided by the suddenness of the shelter's opening. BEBETO MATTHEWS/THE ASSOCIATED PRESS

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Top, Audrey Tannant of the Adult Safe Hockey League's Ice Queens has a beer in the dressing room following a night match last week at 8 Rinks in Burnaby, B.C.

JENNIFER GAUTHIER/FOR METRO

1 Cheap swill is just fine.

There is a reason it's not called a water league. Is there anything more satisfying than that first icy-cold (or even lukewarm) sip after a mid-week, midnight ice game? The best part is that it doesn't even have to be a decent beer. In fact, one might argue, the cheaper the better. After the hard-fought on-ice battle — the war — you've just gone through, even the cheapest swill is transformed into liquid gold.

2 Nuts to fashion.

So the socks don't match. Where am I, in a boardroom? At somebody else's boring wedding? If they have time to judge, they're not skating hard enough. And those aren't rips — they're speed holes, man. Watch me fly.

3 Street clothes — ahhhhh!

The game is done. It's late and it's time to go home. As much as you'd like to wear your gear home, you're no longer eight years old. But on the plus side, when have your clothes ever felt as good? What happened while you were on the ice that transformed your tired threads into some sort of wonder cloth? Ahhhhhh!

METRO IN VANCOUVER

Beer-league bonanza: Any time is hockey time

Sure, the NHL's regular season was supposed to start today. It may be on ice, but there's just no stopping the hordes of hockey-mad folks across the country so devoted to their local beer leagues they'll pay big bucks to play. They're drawn by the leagues' time-tested mix of camaraderie and competition — all topped off by the obligatory post-match drinks. As for black eyes and broken teeth? Even actor Gerry Dee, whose looks are his livelihood, isn't afraid to drop the gloves in the heat of beer-league battle

PHOEBE HO
edmonton@metronews.ca

When NHLers get a black eye or a cut on their face, they don't have to explain it at work the next day. But it's a different story for beer-league hockey players like Gerry Dee.

Dee, an award-winning comedian and star of CBC Television's hit sitcom *Mr. D*, runs the risk of going on camera looking like he got into a bar fight every time he plays beer-league hockey.

"My job is my face, really, my face and my voice," says Dee, while recalling some of the hockey-induced bumps and bruises he's racked up over the last decade.

It's bound to happen. When the adrenaline's pumping at a rink chock full of intense players, injuries and minor scuffles tend to occur. Dee says one of the incidents he recalls most was a scrap a few years ago with Metro's photo editor, Dave Starrett.

Tempers flared and a fight — or altercation, as Starrett calls it — ensued.

"I remember being able to pull his helmet around his face and it was funny, he was screaming, 'Not my face, not my face,' and I remember that more than anything else in this whole event," says Starrett.

Dee ended up rushing to an emergency dentist to save a loose tooth that was "hanging by a thread," then going home

Online

For more, visit
metronews.ca



with a swollen lip and plenty of less-than-subtle dental wiring.

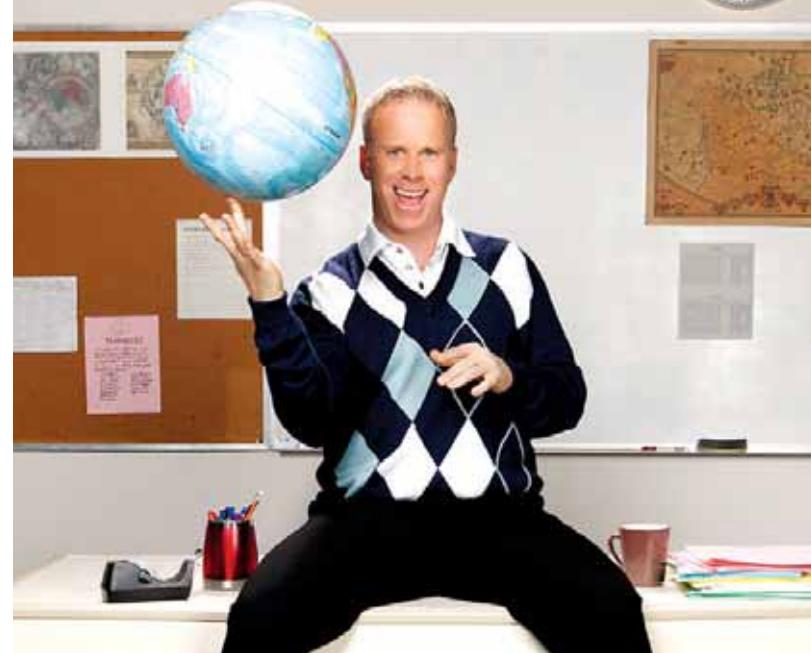
"I had wires across my teeth, my lips were black and blue," he says. "It was the night before my wife and I were taking my daughter to Disney World."

But Dee says the thought of keeping his face intact for professional purposes never even crossed his mind at the time. Nothing else matters when tempers are running high, he says.

"Your temper gets the best of you," he says. "Your instinct is to go back and fight. It depends on the situation, I guess. Now I've got a TV show — I can't have a busted jaw."

While Dee had time to heal on vacation after the incident with Starrett, he says he now takes more precautions and avoids any "risky" activities a month before he starts filming. But even if he did get a black eye, Dee says it's not something he'd try to hide.

"What am I going to do, put a patch on my eye? You can get a black eye from getting a puck in the face, it doesn't always mean it's a fight. It could be from a stick or puck," he says.



Gerry Dee, an award-winning comedian and star of the sitcom *Mr. D* — who is set to go on tour for his new book, *Teaching: It's Harder Than It Looks* — says he now avoids playing "risky" sports like beer-league hockey at least a month before filming. CONTRIBUTED

Quoted

"I had wires across my teeth, my lips were black and blue. It was the night before my wife and I were taking my daughter to Disney World."

Actor Gerry Dee, reminiscing about the damage he sustained in a beer-league hockey brawl

Anyone can play: How a Chinese immigrant fell in love with hockey

DARRIN BAUMING
winnipeg@metronews.ca

When Xin Wang moved to Manitoba from China in 1998 to finish her university education, she hadn't heard of the game of hockey. She had never even laced up a pair of skates.

But soon after graduating, she started learning to skate — and to play the game that is synonymous with being Canadian.

"I love it," said the

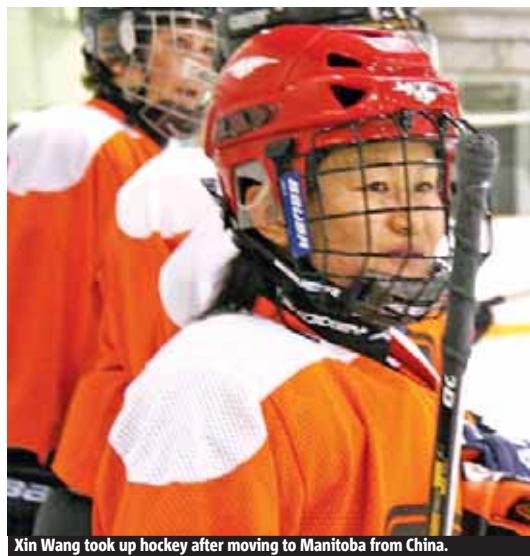
37-year-old chartered accountant, now in her third season. "It was completely because of people at work. There were two girls playing in the Great West Life Women's Hockey League that were bugging me for a couple years. Finally I said, 'I'll try it.'

"When I just started I really didn't know how to skate even. But the people were so nice, they taught me how to skate, gave me advice. Everybody was so patient with

me. Nobody laughing at me. 'Xin, do this. Xin, do that. I'll show you how to shoot the puck. I'll show you how to turn.'

That camaraderie and encouragement from her teammates has turned what was once just her new Canadian winter pastime into a long-term pursuit.

"I think I'll definitely play this game for the rest of my life," she said. "It's all because of the wonderful people I play with."



Xin Wang took up hockey after moving to Manitoba from China.

DARRIN BAUMING/FOR METRO

Why are we so passionate about hockey?

"It's who we are in our eyes and in the eyes of others around the world. Despite the rivalries between teams, hockey still manages to bring the people of this country together.... No other sport is as ingrained into the Canadian identity and Canadian history as is hockey."

Lori Dithurbide, assistant professor at Dalhousie University with a PhD in sport and exercise psychology

Go big and go home

Up the ante with a kick-ass backyard rink



Chris Foss's sons Alexander, 3, and Brenden, 5, play on the 2011-12 edition of their Ottawa backyard rink.

CHRIS FOSS/CONTRIBUTED

Competition among Ottawa backyard rink rats may be friendly, but it's undoubtedly high-calibre. Exhibit A: Barrhaven, Ont.'s Willie Klentz, who takes over two backyards, hosts a tournament and installs boards and painted blue-lines.

But never fear — beginners can aim for something a bit more modest. Ottawa father of two Chris Foss says he started out with a small 10-by-10-foot rink, and this year will upgrade to a 12-by-24-foot model. Foss says he starts levelling out the ground in mid-November if needed, then constructs a wooden perimeter to which he can staple a tarp. He uses pressure-treated two-by-10-foot boards for the perimeter and deck brackets, and screws to join them together.

"Then it sits and we wait until it gets to be about -10 C. Then you flood it, but you have to go slow — only freeze about an inch at a time," he advises. Go any faster, he says, and it can lead to a frozen shell on the surface and water underneath.

To do the flooding, he went to Home Depot and bought a hose that can withstand hot water; he runs it from a tap in his basement laundry room out a window to the rink.

Foss aims for about a five-inch-thick ice sheet, but says three inches is enough. It's usually ready a few days before Christmas, he says, adding that maintenance amounts to clearing off snow and the occasional re-flooding. He recommends an Ottawa invention, a miniature ice resurfacer available at rinkmakerpro.com, for an extra-smooth surface.

SEAN MCKIBBON/METRO IN OTTAWA

The Edmonton Oilers' Jordan Eberle
THE CANADIAN PRESS FILE

Sacrificing Z's for late-night puck time

No NHL pampering for pickup players

In Canada, ice time at local rinks is a prized possession. It's especially scarce for those who fall under the post-minor-hockey umbrella.

Because of that reality, men's and women's pickup leagues — commonly referred to as beer

leagues — tend to rent during less-desired time blocks.

Adam Couston, a 25-year-old from London, Ont., who signed up for two recreational leagues this winter, will step onto the ice twice a week at 11 p.m.

Sometimes he won't be home until 1 a.m., eliminating the possibility of a good night's sleep. When you tack on the obligatory wind-down period before being able to fall asleep, you're looking at long-term-nap territory.

"The one summer I was working from 6 a.m. to 6 p.m., so I would be working a 12-hour shift after playing late the night before," Couston

said, adding he's been guilty of sleeping through classes in the past. But work is different, he says: "You've gotta go."

In the end, a lack of sleep is merely the non-monetary price to pay.

Brock Jensen used to suit up for a Jr. B team in Brantford, Ont., after years of playing AAA minor hockey. He recalls the feeling of waking up for school hours after a late-night practice.

"You're talking to your mom, and you're like, 'Ah, I'm so tired. Can I sleep in a bit? I'll go to my late classes,'" said Jensen, an 18-year-old college student. JOHN MATISZ/ METRO IN LONDON

Net worth. Goalie makes the grade

In hockey circles, many say it's the hardest position.

Well, at least to fill with a body in a beer league.

"A big reason why I play in net is because I got the gear for free," says Trevor Lamoureux as he gazes over his well-used equipment. "My buddy hurt his knee and just gave it to me."

The equipment can be pricey, the position a honed skill, and yet a huge reason why the goaltender spot is the hardest to fill in any rec league remains obvious.

"No one is foolish enough," says the 33-year-old carpenter and concrete worker while cracking a smile. "You have to be reliable in net. When I can't make it, they have to find another goalie. That can be tough. Thankfully, this year I haven't missed one yet."

And like many rec leaguers, Lamoureux is just biting the bullet for the betterment of his team.

"Nobody else would go in net, so I did. It's funny. I'd rather play out when I'm in net, and play in net when I'm out. You don't have to be relied on so much when you play out. You go out and do your shift and come back to the bench. You always have to be reliable in net." DARRIN BAUMING/ FOR METRO IN WINNIPEG

Ice time for all \$8.7M

Sidney Crosby's 2012-13 NHL salary: \$8.7 million. Hockey Nova Scotia registration for minor hockey: \$600 a year (estimate). Do the math, and Crosby's salary could pay for 14,500 kids to play hockey for free.

Psyched to win

Packing it right part superstitious ritual

Robert Disher is one of the True North Hockey league's long-time athletes. He has been playing for the Toronto league since 1993 — three years after Steve Edgar co-founded it.

He is one of the rare few players who does not stick to many superstitions, he said — except for one.

"I always, always — ever since I was a little kid — pack my bag the same way," said Disher. First are

his shoulder pads inside his hockey pants, then elbow pads inside his shoulder pads, then his gloves inside his helmet, and then his shin pads, he said. The list goes on, until he places his towel and toiletries into a side pocket of his hockey bag.

In his 19 years playing with the TNH league, Disher said he has seen a lot of superstitious behaviour among his teammates.

"I see other guys, they do all their stretching in the dressing room beforehand.... Some guys put on their equipment in a certain way," he said. "Some guys, they come out on the ice and they do a weird skating routine to warm up."

ALEKSANDRA SAGAN/FOR METRO IN TORONTO



Trevor Lamoureux said he became a goalie after inheriting the equipment.

DARRIN BAUMING/ FOR METRO IN WINNIPEG

PLAN CANADA SALUTES CANADIANS' ROLE

IN SUPPORTING INTERNATIONAL DAY OF THE GIRL ON OCT. 11



PLAN CANADA PHOTO

Girls growing up in the poorest regions of the world are the most disadvantaged people on the planet.

They face unique barriers to survival and development simply because they are girls. In many cases they are denied food, they are forced to drop out of school, and they are vulnerable to violence and discrimination.

Yet, research shows that when girls are educated, nourished and protected, they are a powerful force to help society develop as a whole. When you help girls, they can pull themselves,

their families and their communities out of poverty to change the world for everyone.

PLAN ADVOCATES FOR GIRLS' RIGHTS

Plan is one of the world's oldest international development agencies working to end global poverty. Because I am a Girl is its global initiative to promote girls' rights and mobilize people around the world to create a brighter future.

In 2009, Plan enlisted 15,000 Canadians to sign a petition dedicating one special day every year to girls' rights.

This helped the Canadian government convince the United Nations to designate Oct. 11 as International Day of the Girl Child last December.

Plan's Because I am a Girl initiative aims to inspire Canadians to raise money for equal access to health care and education, clean water and sanitation projects, as well as economic security initiatives like microfinance and skills training.

To learn more about how you can help change the world for girls, visit becauseiamagirl.ca

10.11
2012

SAVE
THE DATE
CHANGE THE
WORLD



Geeta

PLAN CANADA PHOTO

STANDING UP FOR GIRLS' RIGHTS

EDUCATION IS KEY TO GIRLS' SUCCESS

When Geeta of Nepal was 12, her father sent her to work as a domestic servant. She worked long hours and earned only 700 Nepali rupees (about \$8) a year.

Geeta recalls, "It was impossible to escape. My master was highly regarded in his community. I was afraid of the consequences for my family if I left."

To help Geeta break free from exploitation and abuse, Plan supported her with a microloan and business training. She opened a roadside café, which she now operates as a family business. Today,

Geeta employs herself, her entire family and even several friends when business is brisk.

HAITIAN GIRL PROVES MIRACLES HAPPEN

One of nine children on a small farm in Haiti, everyone expected Marie Dumay Miracles to stay home and help with chores. Marie's parents could not afford to send their kids to school.

When Plan set up education programs, Marie and her siblings leapt at the opportunity. Marie was a hard worker who excelled



PLAN CANADA PHOTO

in school, but her parents couldn't afford university.

Through Plan's further education programs, she studied computer science, completed a university degree, and became a qualified engineer.

Next, Marie put her leadership skills to work as deputy mayor of her town, Croix-des-Bouquets, where she is actively involved in co-ordinating local earthquake rebuilding efforts.

Plan helped her live up to her name to show that miracles can happen.

INTERNATIONAL DAY OF THE GIRL
METRO CUSTOM PUBLISHING

OCTOBER 11TH IS THE DAY WE STAND UP FOR GIRLS' RIGHTS GLOBALLY.

AROUND THE WORLD...

Girls are 3 times more likely to be malnourished than boys.

70,000 girls under 18 are forced into marriage every day.

75 million girls are denied an education.

Just because they're girls.

AND YET...

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When you educate a girl, she'll share her knowledge with everyone she knows.

When you invest in a girl, she'll break the cycle of poverty.

Empower girls, and they'll change the world.

Inspired by Plan Canada's **Because I am a Girl** movement and thousands of Canadians, the United Nations has declared **October 11th International Day of the Girl**, a day to recognize girls' rights globally. Help give girls a voice, a chance, a future.

Girls are the **ANSWER**, and so are **YOU**.



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BIRKS

Coffee

Starbucks,
Rodarte find
common ground

Starbucks Corp. tapped sisters Laura and Kate Mulleavy — the indie fashion darlings of Rodarte — as its next design partners for a series of limited-edition products for the holiday season.

There will be Rodarte-designed gift cards, tote bags, cup sleeves and mugs. The signature pattern features a pixelated checkerboard of grey, white and silver set against different shades of green.

For the design duo, it's a chance to put their name — and their style — out to a new audience. Typically, their fashion designs are edgy, conceptual styles that are not necessarily in line with mass-market taste.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
101.97¢ US (-0.22¢)

TSX
12,212.42 (-61.15)

OIL
\$91.25 US (-\$1.14)

GOLD
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Natural gas: \$3.475 US (+0.8¢)
Dow Jones: 13,344.97 (-128.56)

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Book rewrites Netflix's origins

Netflix CEO Reed Hastings, posing in this 2008 file photo at Netflix headquarters in Los Gatos, Calif., is probably hoping a new book about Netflix's early history never gets made into a movie. *Netflied: The Epic Battle for America's Eyeballs*, written by veteran journalist Gina Keating, is set to go on sale Thursday. The book captures Hastings' vision, focus, charisma and chutzpah — but readers also will be introduced to a cold-hearted side of Hastings that never surfaces in his public appearances or in the many interviews that he has done with reporters during his 14-year tenure as Netflix's CEO. THE ASSOCIATED PRESS

Toyota. Huge recall hampers comeback

Recalled models

Recalled U.S. models include the 2007 to 2009 Camry, Tundra pickup and RAV4 small SUV; the 2007 and 2008 Yaris subcompact; the 2008 and

ago for floor mats that could trap accelerator pedals and cause unintended acceleration. This problem centres on the power window switch, which is inside the driver's door and controls when a window is opened or closed. Toyota said grease wasn't applied evenly to the switch during production,

2009 Sequoia large SUV and Scion xD and xA small cars; the 2008 Highlander SUV; and the 2009 Corolla and Matrix compacts.

causing friction and sometimes smoke and fire. Toyota said initially the window problem hasn't caused any crashes or injuries. But documents filed by U.S. safety regulators show customers have reported 161 fires and nine injuries. No deaths have occurred.

THE ASSOCIATED PRESS

Print still rules in Canada, but ebook sales are surging

Publishing. Report released by BookNet Canada also finds more and more books being bought outside of conventional bookstores

The market

While ebook sales are growing, print sales still dominate, with paperbacks representing an estimated 56.7 per cent of the market and hardcovers making up 23.6 per cent.

- Only seven per cent of readers said they bought both ebooks and print books, but they bought more titles overall — an average of 4.5 per month.

Surging ebook sales now represent an estimated 16.3 per cent of the overall book market in Canada, a figure that caught even some industry watchers by surprise.

A new report by the non-profit industry group BookNet Canada finds more and more people are buying ebooks, and when they do purchase hardcovers and paperbacks they are increasingly getting them outside of conventional book stores. The trends are outlined in a first-of-its-kind report by BookNet, which is based on several consumer

surveys conducted over the first half of the year. The results are considered accurate within 3.1 percentage points, 19 times out of 20.

"We were a little taken aback — even though we are in the industry and on the technology side of the industry — at just the sheer

quantity of the shift in behaviour in regards to digital and online (shopping)," said BookNet CEO Noah Genner. "We all knew it was happening ... but just the sheer volume and the amount of change that's happened in the last couple of years is a big surprise."

The report suggests one in three Canadians is a regular book buyer and purchases an average of 2.8 titles per month.

When it came to where purchases were made, only about a third were in book stores. About 27.5 per cent of purchases were online and about 30 per cent were at non-book retailers, including big-box stores and grocery stores.

"We were quite surprised to see how many books were bought with grocery items, with consumer goods and different category lines," Genner said. THE CANADIAN PRESS

Survey. More Canadians are erasing their debt

A new poll suggests more Canadians are living debt free this year compared to 2011.

The annual RBC survey found that 26 per cent of respondents had no personal debt — excluding mortgage debt — in 2012, up from 22 per cent last year.

However, the poll found that on average Canadians are carrying \$13,141 in non-mortgage debt, up \$84 from last year.

Ontario residents were carrying the heaviest load at

\$15,361 while Quebecers had the least at \$10,171.

Some 40 per cent of those polled said they were comfortable with their current debt level, down from 45 per cent last year.

And one-in-three respondents said their debt levels are a source of anxiety — up slightly from 2011.

Canadian average household debt, which includes mortgage debt in relation to disposable income, rose to a record 152 per cent at the end of 2011. THE CANADIAN PRESS

Are you wildly energetic, creative and love to meet new people?

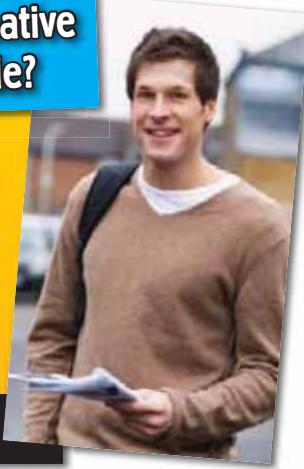
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TRAVEL BLUES? TAKE A SEAT



HE SAYS...
John Mazerolle
metronews.ca

It's like complaining that you ate too many pies or that you got a paper cut on a \$100 bill.

But the feeling is real. A co-worker of mine spent a few months in Africa earlier this year, and when I said, "You're back!" he said, "Yeah, I am" in the sort of tone that makes you hide sharp objects and casually bring up this great therapist you know.

I was happy for his depression, because it meant his trip went great. But I still wanted to kick his ass.

It's precisely because nobody cares about your sulking that post-travel blues are so hard to get over.

When I came back from my trip to Scandinavia this September, I had a good buzz going. Relaxed and content, like I'd just gotten lucky with geography.

But then it slowly dawned on me that I wouldn't be tripping the light fantastic again anytime soon, and I started walking around like Eeyore. So if you see me, kick me. Please.

In the meantime, I plan to get over my post-travel blues with a few tips I picked up

from online travel sites.

- **Be a tourist in your hometown.** Lots of sites suggest this. So I plan to put on a Hawaiian shirt and wander into bad parts of the city with a map and a camera asking if they've got Mac-Donald's in these parts. I'll let you know how it goes.
- **Find expats and cuisine from the place you visited.** I'll try, but I'll probably have a hard time finding Little Faroe Islands or Denmarktown. Also, it might be difficult to find restaurants that sell puffin. (You know puffins, those adorable little clowns of the sea that look like real-life cartoons? Well, the one I ate treated his grandmother poorly and believed global warming was a myth, so get off my back.)
- **Talk to fellow travellers.** Hearing other people's post-travel woes will make you feel better about yourself when you tell them what jerks they're being.
- **Write.** The travel sites say to write about how great everything was, but I'll take a different tack. See, I've read about a number of instances over the years where a columnist will badmouth a place and, in response, a politician challenges the writer to take a second look. To use a random example, if I were to speak ill of Denmark, which I think we can all agree is a dump, the Hotel D'Angleterre Copenhagen (what a hole!) might invite me to force down some of the worst beer ever, while I talk to Denmark's cloistered, unattractive women. I also hear Copenhagen's mayor is too cowardly to have me back.

I'll take an aisle seat, Mr. Mayor. First class, please. I need room to have my ass kicked.



The window seat: one last opportunity to take for granted the sights you'll soon be pining for when you're back at home. **ISTOCK**

Pumpkins flourish amid drought



SIMON WHEELER/THE ITHACA JOURNAL/THE ASSOCIATED PRESS

Saved by jack-o'-lanterns

Agritourism in U.S. suffering

Tom Vliet, of Odessa N.Y., loads up his son Nicholas as they make their annual visit to Eddydale Farms, south of the City of Ithaca, for the farm's \$6 all-you-can-carry pumpkin special.

Devastating spring freezes and a historic drought have stripped some charm from rustic fall destinations, leaving some corn too short to create mazes, orchards virtually devoid of apples and fall colours muted.

Extreme weather has forced agritourism ventures in the heart of the country

to scramble to hold onto their share of an industry that generates hundreds of millions of dollars each year.

However, farmers have found pumpkins to be thriving during the drought.

Mike Roney, who co-owns an orchard near Greenfield, Ind., said this year might have been the worst freeze damage ever at the farm his family has owned for 84 years.

But he found a bright spot in his pumpkin patches, which were irrigated and emerged from the drought with a fine crop.

"We actually have one of the best pumpkin crops we've ever had as far as size goes and quantity," Roney said. **THE ASSOCIATED PRESS**

Industry affected

• **Tradition.** For many farms and orchards, autumn is the peak agritourism season as families seek out a taste of rural life with outings to explore corn mazes, take hay rides and pick their own apples or pumpkins.

• **Economy.** Tourism generated about \$566 million for more than 23,000 U.S. farms in 2007, according to the U.S. Department of Agriculture's most recent agriculture census — a survey conducted every five years.

Farmer's woes

Corn crop not so A-Maizeing

Sam Brown, who owns A-Maizeing-Farms in Mayfield, Ky., said the summer drought and 100-degree days ruined his farm's 20-acre corn maze, leaving stalks knee to waist-high — far too short for use as a maze. Instead, he's offering a petting zoo, pedal-cart races and hay rides.

"The object of our maze is to find hidden checkpoints, and our checkpoints literally would have been taller than the corn in some of the fields," he said.

THE ASSOCIATED PRESS



Register at metropolitanpanel.ca and take the quick poll

Which is the bigger threat to Mitt Romney's White House campaign?



Twitter

@DebiWinwood:

Every day I take my life in hands walking through downtown #yeg. Silly me for not realizing crosswalks don't matter. #terribledrivers

@Leala_Marie:

Trapped in an impark because of someone's awful parking. #yeg

@BuhlerFerris:

Leaving early for my drive to Devon. I'm anticipating crazy

people freaking out about rain. #yeg

@upstephanie:

Anyone in #yeg know where to find an adult sized dalmatian costume? #halloween

@Steph_Sparks1:

Bob Dylan was in #yeg last night? So that's what all that preachy mumbling was about.



Lead actors Cherisse Browne and Orville Cameron play turn-of-the-century ill-fated lovers facing issues of prejudice and freedom in *Ragtime*. COURTESY TWO ONE-WAY TICKETS TO BROADWAY PRODUCTIONS

Musical rises to casting challenge

Ragtime. Finding right person for lead required unconventional search



JENNIFER LARAWAY

Jennifer Laraway
edmonton@metronews.ca

Martin Galba, co-artistic director of Two ONE-WAY Tickets To Broadway Productions, explains that putting on *Ragtime* in Edmonton presented a particular challenge.

"The reason why it's not produced very often around

the world is the fact that it requires several African-American performers. Not every city has a pool of African-American singers or actors to cast from and that has been a big challenge for many local producers, including us. But we reached beyond our regular avenues when we advertised the auditions for this show and were extremely fortunate to put together an absolutely amazing cast of local performers," says Galba.

Using unconventional casting methods is exactly how Galba secured his lead actor Orville Cameron, who plays Coalhouse Walker Jr. "Martin found me

through friends of friends and they put the bug in my ear about auditioning," says Cameron.

"At first, I was hesitant because I wasn't sure how I would balance the role with my day job, but Martin convinced me."

As a local performer, Cameron has years of theatrical experience, but *Ragtime* is the first performance where he will be playing a lead role and he's eager to take the spotlight because of how deeply he connects to his character.

"He lives in his own world and I have been guilty of doing the same," Cameron explains. "For Coalhouse,

Details

- Ragtime kicks off Two ONE-WAY Tickets To Broadway Productions' seventh season.
- The performance includes a 24-person orchestra, 33 cast members and an additional 30 people as part of the artistic team.

relate to, as can everyone who finds their voice when they are passionate about something."

Ragtime is based on E.L. Doctorow's classic novel-turned-Broadway sensation about three extraordinary families confronting history's timeless contradictions of wealth and poverty, freedom and prejudice, while living in a country struggling to define itself.

Ragtime runs from Oct. 19 to 27 at La Cite Theatre (8627 91 St.).

Tickets to the performance are \$26 and available from Tix on the Square. For more information, visit twoonewaytickets.com.

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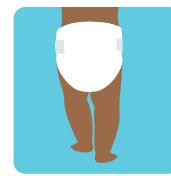
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Argo. Screenwriter relives trying task of turning sprawling article into film

NED ERHAR

Metro World News in Hollywood

Argo screenwriter Chris Terrio took on quite the challenge in turning Joshua Bearman's Wired article about a CIA plan to use a fake movie production to rescue embassy workers in Iran into a coherent film — one that's part spy thriller and part Hollywood satire. The secret, he says, lay in not using the entertainment industry solely for cheap laughs and making sure the blue Wookiees were believable.

How do you take such a sprawling, multifaceted story and compress into a movie?

It's sort of a classic rescue narrative, which is here's a problem, go in and here are all the complications of making the escape happen, and then the last bit is the escape happening. But that said, I spent a few months pulling out my hair and thinking how do you choose your stories? Because there are a million tributaries to the river that you could take your boat on that would be fascinating. I would've loved to tell those stories. But in the end you just look at the skeleton and just decide what bones are essential to stand up.

I'm assuming there actually was a script for the film they were pretending to make. It was actually called Lord of Light. Tony Mendez actually chose not to use the title Lord of Light. They rechristened it Argo for the trade ads when they announced the film was happening. But the actual script that they carried around was called Lord of Light.

Did you get to read that script?

I didn't read it largely because I wanted to free my imagination for a complete



Chris Terrio. GETTY IMAGES

different script. I mean, Tony told me a bit about it and the fact that it had Middle Eastern elements and it had sci-fi elements, mythological elements, but I didn't actually read it. I know it exists somewhere, and maybe Tony even has a copy. But literally I think Tony's copy might have been like the end of Raiders of the Lost Ark, sent into the CIA archives.

It's funny, like, as kids, Ben and me and you who grew up in the world of Star Wars and Raiders, those things keep popping up in the film. Even in the pillowcase and the sheet and the Millenium Falcon in Tony Mendez's son's room. Those are things that Ben and I had in our bedrooms growing up. Speaking of "Star Wars," some of the characters in the film within the film seem a tad familiar. Oh definitely. I mean, the blue Wookiee...

But the other great thing about doing that scene is we had Jackie West as a costume designer, who I think is truly a genius. She managed to have the characters within the fake film look fantastical and kind of funny but never cross the line into outright parody. So that even though there's this blue Wookiee, the texture of the blue Wookiee kind of looks real. You can see that there's a man inside it. It can exist in the same world as the geopolitical reality of Iran because you feel like you're watching real people in fake costumes.

Antiviral. Brandon, son of David, thought of idea for movie while ill, and believes it's plausible that a crazed fan would want to carry their idol's ailment

RICHARD KRAUSE
scene@metronews.ca

The idea of Brandon Cronenberg's new movie sounds outlandish, but recent events suggest otherwise.

At the heart of Antiviral is the notion that in the near future fans will become so rabid they'll actually pay to be infected by celebrity diseases to feel closer to their idols. Sounds strange, but consider the statue containing John Lennon's DNA (courtesy of a Beater molar bought at auction) by artist Kirsten Zuk or the \$40,668 paid for a lock of Justin Bieber's hair.

"I always thought it was kind of plausible," he says. "A friend of mine, while I was shooting, pointed me in the direction of this YouTube video that was Sarah Michelle Gellar on Jimmy Kimmel Live. At one point she says, 'I don't want to sing because I have a cold, I don't want to get the audience sick,' and everyone started applauding like crazy. I'm sure one person in that audience would want Sarah Michelle Gellar's cold. It's certainly meant to be satirical and a cultural caricature but I think it is not that far from what already exists."

When I tell the son of famous director David about the Lennon DNA statue he says: "It's very interesting to me how obsessed people are with the physical tokens, the fetishes. John Lennon's teeth... It's so re-



Like father, like son: Brandon Cronenberg is taking after his dad David with Antiviral. HANDOUT



Caleb Landry Jones is the star of Antiviral. HANDOUT

ligious. It's like going into some church that claims to have the finger bone of some saint."

The idea for the film didn't come from an analytical look at celebrity culture, however. The concept occurred to him as he was laid low by the flu.

"I was obsessing over the physicality of illness and how I had this thing, physically in my body, in my cells," he said, "that had come from someone else's body and how there was a weird intimacy to that connection. After I got bet-

ter I was trying to think of a character who may be able to see disease in that way and I was struck by the idea that a celebrity-obsessed fan might want that kind of intimacy and it developed into an interesting metaphor."

These days Cronenberg's life is imitating his art to a degree as the film makes the festival rounds — it's played at Cannes and Toronto — and the spotlight has been turned on him.

"I t's sort of like being a character in own film," he says of the attention.

"It's hilarious and uncomfortable."

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Star Wars revamp allows Angry Birds to take flight in 'best game ever done'

Proud creators.

Makers of ultra-popular phone app talk up latest version, where birds battle it out against pig empire

MICHELLE
CASTILLO
scene@metronews.ca

The Angry Birds are back in space, but this time they're travelling to a galaxy far, far away.

Angry Birds Star Wars combines the world's biggest science fiction phenomenon with one of the most popular mobile games of all time. The game will be released on Nov. 8, for iOS, Android, Amazon Kindle Fire, Mac, PC, Windows Phone and Windows 8.

"We're always looking for opportunities to create new and fun experiences for Star Wars fans and enthusiasts around the world, and video games have always been a key element of that," Paul Southern, vice president of licensing for Lucasfilm, told Metro World News.

"With over a billion downloads to date, Angry Birds is the first entertainment phenomenon that has been born out of the rapidly growing and increasingly important casual games digital space."

Each bird will have special powers that will be



May the Force be with you: Meet the gang, each of the birds takes on the identity of a Star Wars character and each has a special power. HANDBOUT

aligned with a corresponding Star Wars character. For example, the beloved red bird that you meet in the first levels will be none other than protagonist Luke Skywalker. The yellow bird harnesses the spirit of Han Solo.

The backgrounds will

also be nostalgic for Star Wars fans as they take players to the various locations in the movies, including the desert planet of Tatooine and the ominous Death Star.

Southern adds that Angry Birds Star Wars will allow both companies to join forces to create a

merchandise experience that will let fans experience the digital game in the real world. This includes new Star Wars Angry Birds plush toys and action figures, which will be available on Oct. 28 at select stores.

"This is the best Angry Birds game we've ever

done. It's the best parts of Angry Birds with all new cutting-edge gameplay set in a galaxy far, far away," Peter Vesterbacka, the Mighty Eagle and CMO of Rovio, added in a press release.

"As a big Star Wars fan myself, I'm really excited

about this new universe. The Force is definitely strong with this one."

The Star Wars edition marks the fifth installment of the Angry Birds saga, which includes Angry Birds Space, Angry Birds Seasons, Angry Birds Rio and the original Angry Birds.



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Glen Hansard, of Once, is now putting out a solo album. HANDOUT

Glen Hansard facts

- **Born:** Dublin, Ireland, age 42
- **First big film role:** The Commitments
- **Won Oscar for:** Falling Slowly, from Once
- **Once won Tonys for:** Best Musical and Best Book, among eight total



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Once a band man, now a solo act

Music. Glen Hansard is setting out on his own with his first lone effort *Rhythm and Repose*

CHRIS LEO
PALERMINO
Metro World News

After winning a Grammy, an Oscar, fronting two successful indie folk acts and starring in and composing the

soundtrack for a critically acclaimed motion picture, what else could a musician and actor possibly want to accomplish?

In Irishman Glen Hansard's case, it was recording his first solo album at the age of 43.

Rhythm and Repose, the result of Hansard's year-long stay in the Lower East Side of Manhattan, captures the melancholy of his recent past.

After breaking up with Marketa Irglova, who was part of Hansard's folk rock

Quote

"I didn't plan on making a solo record yet."

Glen Hansard
Talking about breaking out on his own.

duo The Swell Season and the co-star of *Once*, he retreated to the boundless confines of New York.

"I took a holiday from music, rented a place in New York because I liked the idea of being still," he says, "And New York's a great place to be

still in."

He has an unusual definition of still, though. Interspersed with days of sleeping late, going to galleries and biking, he wrote some songs. Enough songs, he realized, to make a solo album.

"I didn't plan on making

a solo record yet, but I was taking some time out just to look around and experience things, and the songs happened in that time of repose," says Hansard.

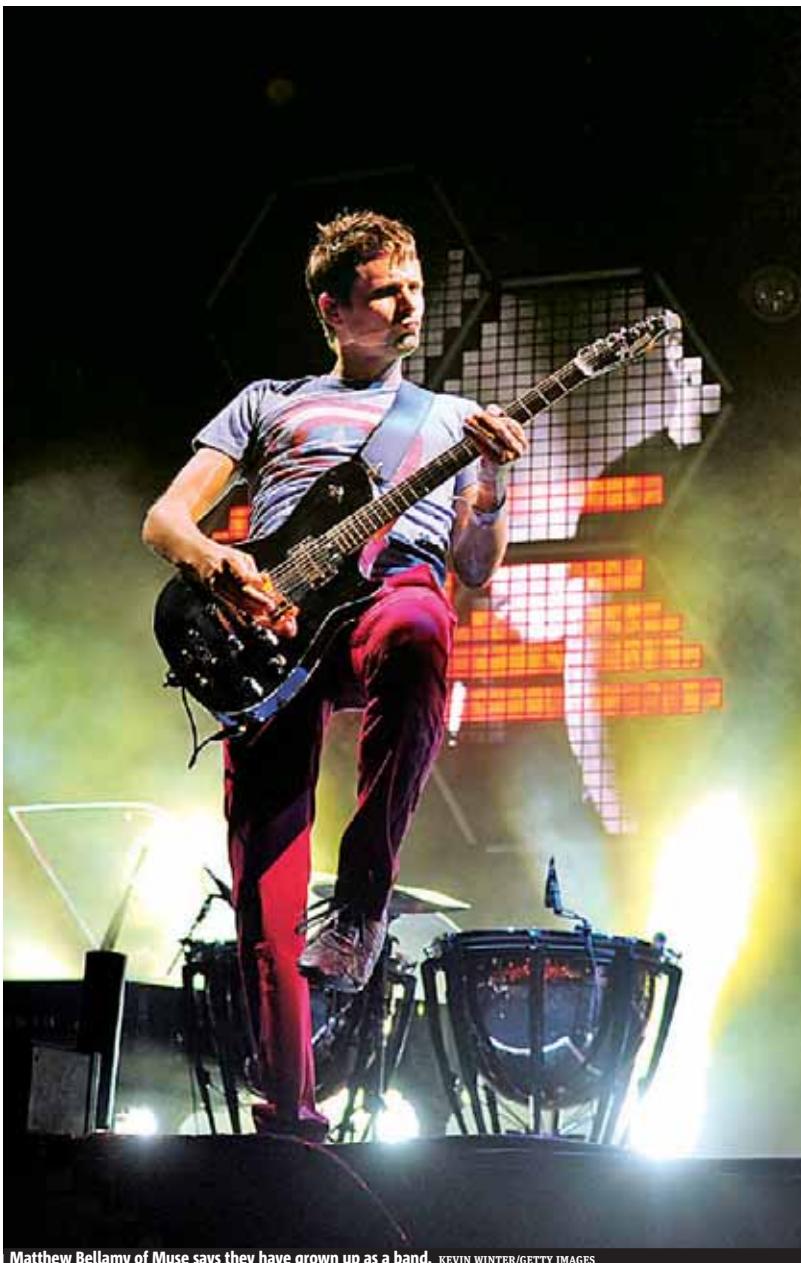
Hansard was a guest on Eddie Vedder's solo ukulele album and opened on several of the Pearl Jam singer's tour dates, which he continues to do after his own dates this month.

"I was honoured," he says of opening for Vedder. "It was great being unknown and playing to attract new fans."

Hansard began his musical career more than 20 years ago with The Frames. While they haven't recorded since 2006, Hansard has worked with Frames bassist John Carney, who directed him in *Once*.

The low-budget film has since been turned into a Broadway play that won eight Tony awards this year. That suits Hansard just fine, no matter what happens with this solo album.

"If I die being the guy who wrote the songs for *Once*, he muses, "I won't mind."



Matthew Bellamy of Muse says they have grown up as a band. KEVIN WINTER/GETTY IMAGES

Muse-ing on nature of life and parenthood

Interview. Muse's Matt Bellamy sits down with Metro to talk about their new album, what it means and its influences

**NINA
ETTRUP**
Metro World News

Known for their epic sound — and selling 15 million albums worldwide — Muse returns with *The 2nd Law*. Metro talked with front man Matt Bellamy.

How would you describe *The 2nd Law*?

It's a feeling of struggle throughout the album, I think. *The 2nd Law* is actually a rule, a law, a principle that says that everything in the world is cooling down, everything is dying. Life is interesting because it's directly against that. Life is a strange thing because it's going against what's inevitable. The album is all little struggles, whether it's relationships or the economic struggle. Struggle is what sums up the feeling of the album.

Muse has been together as a band for 18 years. Are you all grown up as a band?

We've just about gotten through the moody teenage years, I think (laughs). Now we're coming into maturity, hopefully. It's a good feeling. I like that all of us are very open. Rock bands can be ... they like to set

Magic moments

Muse front man Matt Bellamy recalls some of the more epic moments

- **Playing Glastonbury, 2004.** "At Glastonbury it was a different level, it was massive and the reaction was really good. That took us to another area musically too. It changed the way we thought about songs."

- **Winning a Grammy, 2011.** "We won a Grammy Award in America — and we didn't expect that at all. It was really surprising, because we've always seen the U.S. as a difficult place for English bands."

rules for themselves — 'we can't do pop' or 'we can't do dance' — and we've broken a lot of those rules. I find it very enjoyable to be making music now that 15 years ago I would have said 'no' and 'never!' to.

You've got such huge fan base and always get good reviews. Why change what works?

Because it becomes boring if things don't change in any situation ... Everyone enjoys looking for something new, and the process is to give anything a go. To not be afraid of anything and to not shoot anything down in the early stages. It's good to be neutral and try everything

and see what happens. That's just who we are as people — always looking for change and renewal. Chris has six children — that's pretty challenging, but he must enjoy that. Tom likes to move around a lot, and I've always been a person who likes to travel a lot and experience things. It's must be in the character. I have a son now and I can see it in him too. He will always crawl out to the most dangerous area, you see that natural exploration. Maybe that's part of nature, part of who we are as creatures.

We really have grown into something different, but at the same time, the friendship and the memories we have are still there.

Has becoming a father and having your own family changed your relationship with music?

It doesn't change making music, it doesn't change writing or being on stage, but I suppose it does change the way you behave (laughs). In your 20s when you first go out on tour, you're looking for parties, you're probably a little more unstable. If anything, I think it makes you focus more on the important thing, which is the music.

Does it change the way you write?

No, I don't think so, but I find different things inspiring now. *Follow Me* is quite influenced by becoming a father and a couple of other songs are more wise about relationships — definitely not knowing everything still.

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Adam Cohen charting a path of his own

New album. The son of Leonard Cohen finally finding his way in the music business with his third disc *Like A Man*

MIKE BENHAIM
scene@metronews.ca

Adam Cohen, son of Canadian icon Leonard, has cultivated a music career all his own. His third CD, *Like A Man*, is profoundly gratifying.

With some perceptible symmetry, it's clear that "the son also rises" on this one. As he prepares to tour Canada, we chat about a few things.

Is your mom Suzanne, the same Suzanne from the song?
My father actually wrote the song before meeting my mother, but says he wrote it to summon her.

When did you realize you might join the family business?

From the earliest age, there's never been a plan B. I was seduced into music as far back as I can remember. You could say I caught a virus that I was never able to shake.

It was less of a realization and more the following of an instinct.

The offspring of legends often run from their parents' shadows, but on this album, you embrace and even pay homage to your father. What led you there?

Three triggers lead me to the place I'm in today. The first was a sharp disillusionment with my career, which had not gone as I'd hoped, despite



Adam Cohen is embarking on a cross-Canada tour. It starts in Vancouver on Oct. 18. SHAYNE LAVERDIERE

many chances with major labels, and kind of blowing them. Second was my father's triumphant return to the stage. Seeing him at the top of his powers in his 70s, was nothing short of inspiring.

The most important, was becoming a father myself — feeling a sense of responsibility to my name, and wanting to be Like A Man, the one I'd always wanted to be.

You taught yourself to play guitar, piano and drums. How much do you think was inherent

versus learned?
I observed many characteristics in my father which I

hope to find in myself, many of which I may indeed have inherited, some of which I

may have parroted.

It doesn't matter to me how I got there, but I'd have a hard time believing anyone who claimed I was adopted.

You're a Montrealer, but you've lived everywhere. How has that shaped your art?

I've been privileged to travel and live among different cultures — from a little island in Greece, to Paris, London, New York and L.A.

Reading about this kind of lifestyle alone, or even dreaming about it power-



On tour

Upcoming tour dates and where you can see him.

- The shows.** Adam Cohen begins his Canadian tour in Vancouver on Friday, Oct. 18, and ends in Ottawa on Nov. 10. Visit adamcohen.com/tour for details.

fully enough, could change anyone. Of course my art and my heart have been shaped by my travels, but that's for the art itself to reveal, not for me to discuss.

You're tight with your bandmates. How did that develop?

Gratitude is a crossroad that easily leads to love. I'm grateful I found the people I'm working with.

What's first — lyric or melody?

Music and lyrics chance one another. There's no rule for me. I don't follow a recipe like a baker. If I did, I'd have many more songs.

The album is circulating, and you're going on tour. How do you feel about your current direction?

I'm pleased to see the album has been well received. We'll have a gold record in Canada. My first ever, at the age of 40. And the rest of the world should be on notice.

I'm going to keep coming to see you, traveling with my little band and the highest hopes to plant songs on your lips and in your hearts.

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Brad Pitt GETTY IMAGES

Brad Pitt needs the OK from his brood before embarking on new roles

Before Brad Pitt signs up for a role, he has to get the idea past a particularly tough panel of judges: Angelina Jolie and their six children. "I want it to be worthy enough of a story to leave the family, you know? They're everything. The family is first," Pitt tells Guy Ritchie in a chat for Interview magazine. "I also don't want to embarrass them." He also plans on taking more time off between roles going forward. "I'm not good at going back-to-back-to-back-to-back with movies,"

Quoted

"They're everything. The family is first."

Brad Pitt telling Guy Ritchie in a chat in Interview magazine how he plans to take more time off between movies.

and it's just now that I'm starting to get my bearings again and a flavour for what's next," he says. "It's just about discovery now and finding something new that's interesting to me."

Beyoncé's star won't be shining with Clint Eastwood

Beyoncé has decided to bow out of Clint Eastwood's long-planned remake of *A Star is Born*, according to E! News.

"I was looking forward to the production of *A Star is Born* and the opportunity to work with Clint Eastwood," she adds.

singer says.

"For months we tried to coordinate our schedules to bring this remake to life, but it was just not possible.

"Hopefully in the future we will get a chance to work together," she adds.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



THE WORD
Dorothy Robinson
scene@metronews.ca

Live like the Palins – with fitness and self-discipline!

The increasingly-skeletal Sarah Palin is writing a diet and fitness book, according to an email she sent People.

"Our family is writing a book on fitness and self-discipline focusing on where we get our energy and balance as we still eat our beloved homemade comfort foods!" she wrote.

The email seems slightly fishy; Palin never

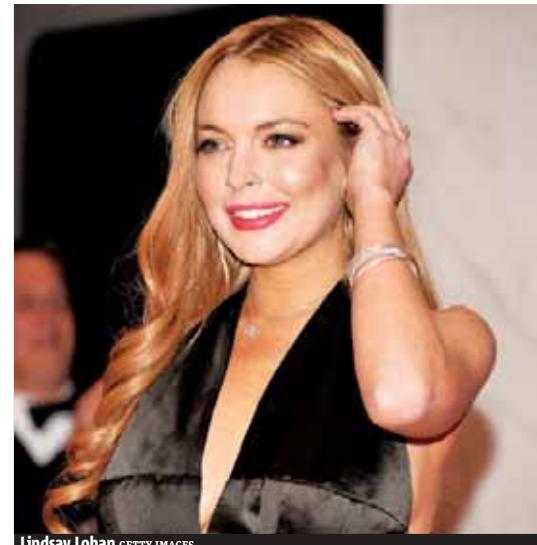
confirmed which publishing house is publishing the book and when it will be out on the shelves.

"We promise you what we do works and allows a fulfilling quality of life and sustenance anyone can enjoy," she wrote.

Interesting, because in 2010 Palin attacked First Lady Michelle Obama's Let's Move campaign on Laura Ingraham's radio show.

"Take her anti-obesity thing that she is on. She is on this kick, right? What she is telling us is she cannot trust parents to make decisions for their own children, for their own families in what we should eat," she said.

And Sarah Palin's slow transformation from a political heavyweight into a Real Housewife continues.



Lindsay Lohan GETTY IMAGES

Lohans cap off long night of partying with a blowout fight

Lindsay Lohan isn't having the most relaxing visit home, apparently, as the troubled actress and her mom, Dina Lohan, reportedly had a huge fight outside Dina's Long Island home Wednesday morning, according to Page Six. The incident reportedly took place

around eight in the morning as a black SUV was returning the pair home after a night of partying. "[Lindsay] was yelling, 'I've had enough of this,'" a witness claims.

"It was an argument between Lindsay and her mother," a police spokesman says.

Twitter



@goldiehawn

A 350 lbs Bear broke in to our house, emptied the fridge, destroyed kitchen left a lovely present on the floor and took off! Would've made him dinner and given him a doggy bag!



@JonahHill

I might be the least British person alive.



@SethMacFarlane

I'm a fan of all Margaret Cho's work, but I think Gangnam Style might be the coolest thing she's ever done.



@ConanOBrien

I'm in London right now. You won't believe this, but there's still a few minutes left in the Olympic closing ceremonies.

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(Bow)ties that Bond

Q and A. Designer Lindy Hemming talks about the tailoring, the history and the heritage that thread together 007's style

RICHARD PECKETT
Metro World News in London

Clothes maketh the man ... but it's Lindy Hemming who's behind James Bond's impeccable wardrobe. We speak to the Oscar winner and long-serving Bond costume designer, who helped put together a current exhibition at London's Barbican Centre which explores Bond's suave style.

How did you first become involved with the Bond movies?

The two producers, Barbara Broccoli and Michael Wilson, just started to think about producing a new series of Bond films with Pierce Brosnan, and they were looking for a new costume designer. I think they had seen my films like *The Krays* and *Four Weddings and a Funeral* — none of them particularly relevant. But I don't know, I hope they'd heard that I was OK and I suppose they were looking for somebody British anyway.

What were you hoping to achieve in *GoldenEye*, given that it was the first movie since the underwhelming Dalton era?

I looked at the various Bond

More online and Friday

- Visit metronews.ca for more James Bond coverage.
- Friday, Metro looks into the history of the Bond theme song.
- The Man Blog. "Large, very strong and very cold and very well-made." That's James Bond describing how he likes his martinis in 1953's *Casino Royale*. We go to The Roof Lounge at the Park Hyatt Toronto to learn how to mix Bond's Vesper martini. Cheers! Recipe at metronews.ca/themanblog.



Sean Connery, the original Bond, was also the best Bond, says costume designer Lindy Hemming. ALL BOND PHOTOS HANDOUT

films and my idea was that I wanted to get back to the sort of, well, I say the suave sophistication of Sean Connery. Even though it was the 1990s, I wanted to bring something of that Connery feeling to Pierce Brosnan and not go in a sort of casual unsuited, street kind of way. I wanted to go back to elegance.

Why is it best to keep Bond classic and timeless? Did you find the flares and safari suits of the 1970s ridiculous?

My idea of Bond is that one reads about Ian Fleming and how and why Bond came to be imagined. He isn't a flashy character. He is an upper-middle class member of society and he's a naval, military person and so to me he wouldn't have worn those kind of clothes. Neither would he have worn those street and slightly Miami Vice clothes that Timothy Dalton wore. As a member of the establishment, he would have dressed well, cleanly and classically. His wardrobe wouldn't have that many clothes but what he did have would conform to a formula.

So, is the classic tailoring very much a part of Bond's timelessness?

Yes, but now when we came to do Daniel Craig some sort of decision had been made: we took into account that most likely the Bond Daniel Craig was playing would have been at war undercover or in the SAS (Afghanistan, Iraq or Northern Ireland). So that meant we had slightly different things going into operation.

For style and looks, who was your favourite Bond?

Truly my favourite Bond was Sean Connery ... for the tailoring. But I really, really like the tailoring of George Lazenby. I think that if you look at pictures and photographs of him



Sophie Marceau, in a stunning sheer beaded number as Elektra King, turns the heat up on Brosnan's Bond in *The World is Not Enough*.

Men in skinny jeans, take note



"I'd rather people look like (Bond) than that they were hyper-fashionable with terrible tight trousers that make your arse look fat."

Lindy Hemming

his tailoring is slightly fashionable and immaculate — but no one ever mentions him. I think Lazenby was tailored by a man called Dimi Major: a forgotten tailor for a forgotten Bond. Oh and of course I liked Pierce.

Did it help that Lazenby was a model?

But so was Roger Moore. Roger Moore had been a knitwear model — I don't think you need to mention that.

Is Bond a style icon?

No. I don't think he should be a style icon. He should be desirable and he should still be accessible. Bond is a sophisticated example and in the '90s era a European example of good taste. He has an understanding of the reasons for tailoring and colours in order to look his best and move effortlessly amongst all strata of society.

The evolution of the Bond girl

The role of the Bond girl has changed throughout the last 50 years. She's gone from helpless damsel in distress to a tough, self-reliant woman and agent.

- Hemming says it's more fun to dress the modern Bond woman. "Nearly all of the Bond women now have really good back stories," she says. "What it means as a costume designer is that it gives you a chance to explore the character. You see them develop from Bond's fancy through to villainy."
- **But they all have their moment.** When pressed about which of the Bond beauties is the sexiest, Hemming responded with a laugh. "Oh God. Let's say Ursula Andress. Let's say that because that way we won't upset anyone. Honestly, the truth is that I think she was absolutely stunningly beautiful. But so was Sophie Marceau and Halle Berry — it's really difficult because they all have an iconic moment, I think."



First Bond babe Honey Rider, played by Ursula Andress.

(From Russia with Love, 1963) and the third film (Goldfinger, 1964) came along the style of menswear and the fact that menswear had become fashionable does influence the look of Connery and Lazenby, but I feel that Ian Fleming's first idea came from his own experience of his class and the services.

The shawl collared tuxedo or those silk covered cuffs that you see Connery wearing are passed down from Ian Fleming to Connery and from the tailor of Terence Young through to Connery. But I also think that when you design Bond films you do look back and reference things. Like I used the cashmere cardigan with the shawl collar and the white or grey polo neck for a casual look, with creamy coloured trousers for Daniel Craig in *Casino Royale* which came directly from Sean Connery.

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Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: For @AirCanada 's 75th, I'm hosting a show of past flight attendants' uniforms. If YOU were designing one today, what would it look like?

@KirkInMontreal
with the way passengers act on planes lately, I would think attendants uniform should be #ROBOCOP -ISH

@Jeanne_Beker
That's FUNNY!

@joHNNYBANKS
like the outfit the first ever woman to fly wore.

@Jeanne_Beker
You mean an Amelia Earhardt get-up? I suppose the retro look is always cool...

@ava_duquette
What part of fashion did you not expect before reaching your position? It's still a fantasy world for a lot of us.

@Jeanne_Beker
I didn't expect people in fashion to be so fickle. I always want to believe the best in people. But some just don't deliver.



@Jeanne_Beker: Hi ho, hi ho! The Thanksgiving farm clean-up!



@Jeanne_Beker: With the masterful @philipsparks at his way cool Ossington Ave shop. Great threads for men+women!

The Kit

Canadian street style

Spotted in: Vancouver

Celia
Human Resources
Age: 31

What she's wearing
Joe Fresh blouse, Club Monaco trousers, Fry shoes, vintage Coach bag.

Her inspiration
"Vintage, beaten up and a little masculine."

THE KIT PHOTOBLOGGER: M'C KENNETH LICON,
LITTLEFASHIONISTO.COM

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES, AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM, AND A WEEKLY NEWSPAPER SECTION TOO!



DANIER

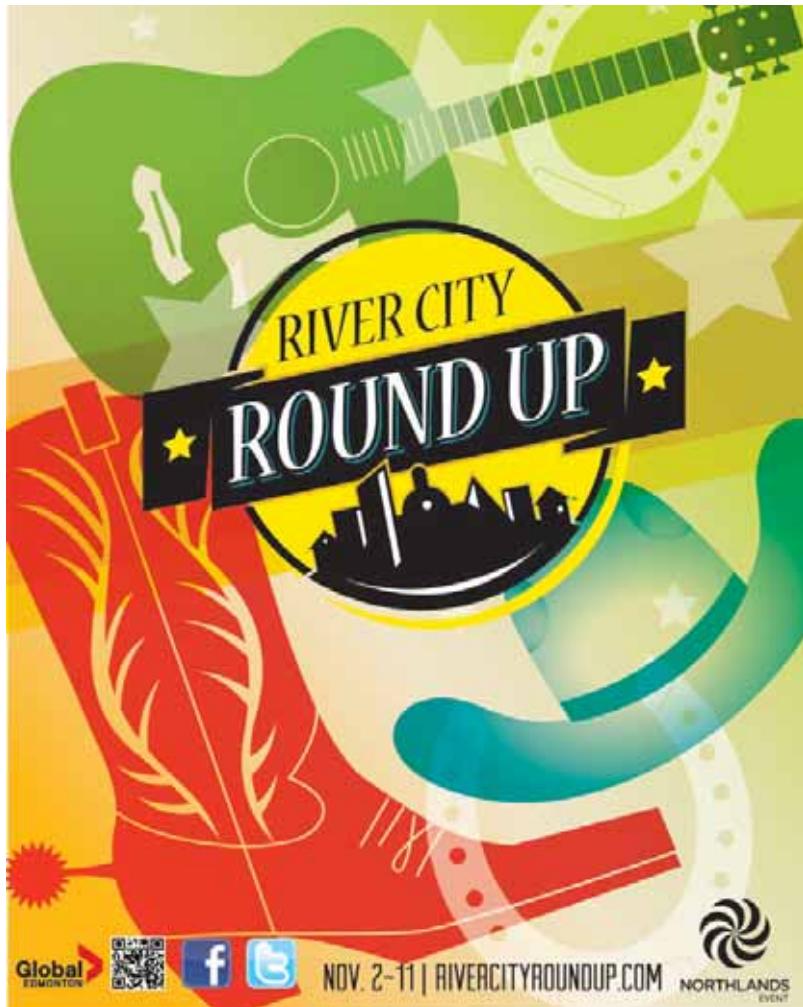


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From hotel style to home decor



DESIGN
CENTRE
Karl Lohries
home@metronews.ca

New York real estate is notorious for the high prices for small spaces and it always has been consistent with what travellers expect from their hotel rooms.

The Pod Hotel, famous for its tiny rooms at great prices, has never shied away from the small space aspect when it opened up five years ago on 51st Street. Now there's a second 366 room Pod Hotel on 39th Street (located in the Murray Hill district) offering up stylish and practical accommodations from 120-square-feet that is bound to impress any budget conscious traveller. Although limited space is a given, one thing that isn't lacking is the high level of personalized service offered from the staff, the inviting modern lobby and trendy rooftop lounge; wherever you go in the hotel you are guaranteed a smile and hello.

From \$150 this centrally located hotel is bound to take Manhattan travellers by storm.

Details I love

- Each floor is colour coded by carpet colour.
- All furnishings float and do not take up any visual floor space; the more floor you see the larger a space can feel.
- One vertical (the red bulk) and one horizontal (a stripe in the carpet) guides your eye toward the longest and tallest sightline in each room, another trick to show the eye the most space available.
- Colours and style are kept focused. Black, grey, red and white is a signature combination.



The Pod Bunk Room at The Pod 39 Hotel offers no-nonsense, affordable and stylish decor for the budget-conscious visitor to New York City. THEPODHOTEL.COM

Like the look of The Pod 39 Hotel? Here's some decor items to turn your guest space into the perfect sleeping pod.

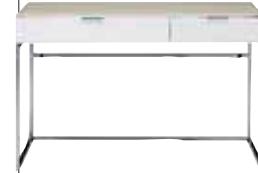
Keep your dates and times on track with a vintage-inspired Flip Clock, \$199, BedBathAndBeyond.ca.



Durable carpet tile offers a custom look to the floor. INS & OUTS carpet tile \$17 each, FLOR.com.



Light, airy and durable make for a stylish desk. Mosco Desk, \$600, EQ3.com.



Light and airy chairs add durability and style to a desk or dining table. Bertoia Chair, \$104, HomeSav.com.



Style inspired by quilted moving blankets. Magical Thinking Quilt, \$130, UrbanOutfitters.com.



A shot of red will help add punch to a bulk head or window trim. Tricycle Red 2001-20, BenjaminMoore.com.



Sustainable palm oil: Sourcing the world's leading vegetable oil

How can I find sustainable palm oil?

-Miriam, Saskatoon



QUEEN
OF GREEN
Tovah Paglaro
green.metronews.ca

Palm oil — a relatively new kid on the block when it comes to oils — recently passed soya as the world's primary source of vegetable oil.

The simple answer to finding sustainable palm oil is to look for a certification. But of course, it's not really that simple!

Produced primarily in Malaysia and Indonesia, palm oil is known to come with environ-

mental challenges.

The greatest is the incredible rate of deforestation that has permitted the industry to continue to grow at a rate of nearly 27 per cent per year, while keeping the cost of the oil appealingly low to industrial producers.

Certified sustainable palm oil and palm kernel oil are produced at palm oil plantations that comply with the environmental standards of the Roundtable of Sustainable Palm Oil (RSPO).

Among the standards required for RSPO certification is the producer's commitment to preserve "high-value conservation forests." Although this loose protocol has been widely criticized, the RSPO is currently

reviewing certification standards. In the meantime, a certification is still the best bet for concerned consumers.

Have you read a label and not seen palm oil listed? In processed foods, palm oil is often couched in the term vegetable oil. In cosmetics, look for words indicating palm derivatives (like palmitate).

How to avoid unsustainable palm oil:

1 Shop from companies listed in the RSPO's database of sustainable-palm supporters.

2 Look for the RSPO trademark on products.

3 Ask retailers to offer more certified sustainable palm oil products.

4 Ask manufacturers to use certified sustainable palm oil.

5 Visit the World Wildlife Federation at wwf.org to learn about other ways to get involved.

Finding certified sustainable palm oil may be simpler than you think.

A couple of big players in Canada and around the world have set the ambitious goal of using only RSPO certified palm oil in their products by 2015.

Consumers can also find plenty of food and personal-care products that use alternative oils.

Read the labels and make your own informed choice!

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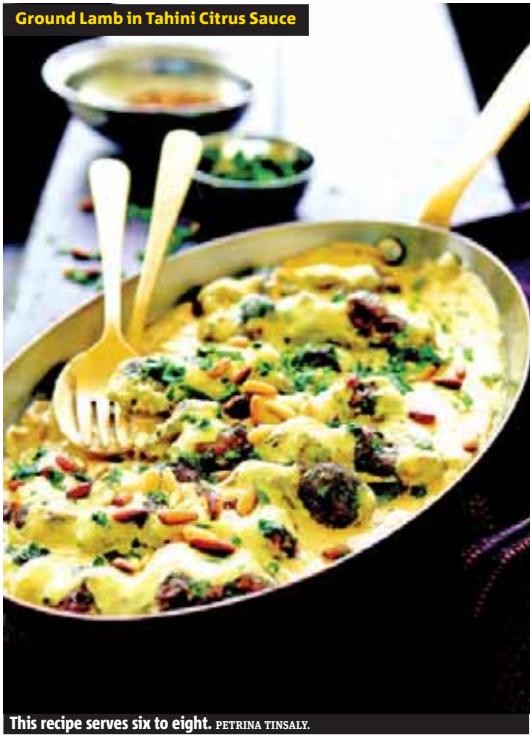
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Miele

See page 10 for details. Valid warranty for a full 10 years. Miele vacuum systems to all current Miele vacuum models purchased directly from authorized Miele dealers between October 1, 2012 and December 31, 2012 inclusive. Must register purchase of Miele vacuum cleaner at www.miele.ca. Limit one registration per household. Not all Miele vacuum models are eligible for the 10 year warranty. Miele and the Miele logo are registered trademarks of Miele AG, Koenigsbach, Germany.

Bringing the ancient and exotic cuisine of the Middle East to 2012

Ground Lamb in Tahini Citrus Sauce



This recipe serves six to eight. PETRINA TINSALY.

"Kofta is ground meat, usually lamb, mixed with onion and fresh herbs like parsley and mint, and seasoned delicately with a few spices," writes Suzanne Husseini in *Modern Flavors of Arabia*, which offers a modern take on cuisine from the region.

"There are many versions. This one is a delicious way to use tahini. Tahini has a nutty and earthy flavour and the orange zest and juice cut through that."

My mother used to whip this up at the last minute and have it on the table in half an hour before the guests arrived, as she was never satisfied with the endless number of dishes she had already prepared!"

Now is a great time to get acquainted with food from the region as Middle Eastern cuisine is poised to be the next big global food trend.

Many of the current "buzziest" restaurants in the U.S. and the U.K. are Middle Eastern (with the four Ottolenghi restaurants in London at the forefront of the trend), so it's only a matter of time before the style hits Canada.

Get ahead of the trend.

Ingredients

- 4 medium potatoes, sliced into 1/2 inch rounds
- 1/2 cup peanut oil
- 2 lb ground lamb
- 1 onion, finely chopped
- 1/2 cup parsley, finely chopped
- 1 tsp cinnamon
- 1 tsp allspice
- salt and pepper
- 1 cup tahini
- juice of 2 lemons (or more)
- juice of 1 orange
- zest of 1 orange
- 2 cups water
- sea salt
- 1/2 cup pine nuts, toasted
- a handful of chopped parsley, to garnish

1. Peel, wash and slice the potatoes into rounds. Heat the peanut oil in a large frying pan and fry the potatoes until golden on both sides. Remove and place on absorbent paper to cool.

2. Preheat the oven to 350 F.

3. In a large bowl, combine the ground lamb, onion, parsley, cinnamon, allspice, salt and pepper. In a baking dish, place the potatoes in one layer.

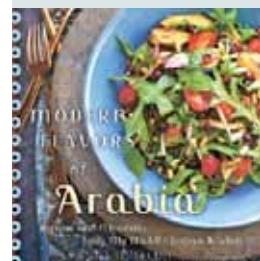
4. Shape the kofta into long sausages (about 6 inches) and place on top. Bake in the oven for 10 minutes until partially cooked. Remove. Keep the

oven on while you make the sauce. Mix the tahini, lemon juice, orange juice, orange zest, water and salt to taste. It should be a pourable consistency and creamy. Pour the sauce all over and return to the oven to finish cooking and to thicken the sauce slightly, about 20 minutes. Garnish with toasted pine nuts and parsley. Serve hot with white rice and a salad.

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Cookbook of the Week

Modern take on Middle East dishes



Suzanne Husseini, host of *Top Chef Middle East*, splits her time between Ottawa and Dubai.

Influenced by her travels, she has released *Modern Flavors of Arabia: Recipes and Memories of My Middle Eastern Kitchen*. Focused on offering readers dishes that are healthy, full of flavour and exotic, the book explores a food culture that spans centuries.

Husseini's refreshingly new take on the traditional includes recipes that are arranged by breakfast, lunch, dinner and dessert.

The author also includes stories and ideas on how to serve each dish.

METRO

Braised Green Beans and Tomatoes. Vegetarian side dish for rice or meat

"This is a beautiful vegetarian dish best eaten at room temperature or even cold straight from the fridge," writes Suzanne Husseini in *Modern Flavors of Arabia*.

"It makes a perfect side dish with rice or meat. Traditionally it is eaten ... by

pinching morsels with pita bread. The braised whole garlic is a sweet surprise."

1. In frying pan, heat the olive oil and sauté garlic and onions until soft. Add the green beans and stir well (beans will turn a deep green). Cover and con-

tinue cooking for 5 minutes.

2. Remove lid and add chopped tomatoes, cloves of unpeeled garlic, tomato paste and sugar. Season with salt and pepper. Lower heat, cover, and allow to simmer for 30 minutes until sauce thickens.

Ingredients

- 1/2 cup olive oil
- 12 cloves garlic, sliced thin
- 2 onions, chopped
- 4 cups green beans, cut diagonally
- 4 cups chopped tomatoes
- 1 head of garlic, cloves separated, unpeeled
- 2 tbsp tomato paste
- 1 tbsp sugar
- salt and pepper



This recipe serves four to six. PETRINA TINSALY.

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NORTHLANDS EVENT

PUTTING VISION ON HEALTH AGENDA

"When was the last time you had your eyes tested?" is a question CNIB president and CEO John Rafferty likes to ask people. As chair of VISION 2020 Canada (a network of organizations focused on key issues related to vision loss), Rafferty seizes the opportunity to ensure people understand the importance of having their eyes tested.

"Few Canadians realize that vision loss can happen to anyone, at any age," says Rafferty, "but many Canadians are not aware that 75 per cent of vision loss can be

prevented or treated."

According to Rafferty, the issue is more urgent than ever. Oct. 11 marks World Sight Day, which is an international day of awareness about vision health.

The main goal of VISION 2020 is the elimination of avoidable blindness globally. In developing countries, vision loss can be related to unsafe water and a significant portion of blind people in the world have cataracts. In Canada, the issues are largely related to the fact that our

population is aging.

"Regardless of the issues each country faces, prevention of blindness and vision loss needs to be on the health scorecard, and every country needs an implementation plan," Rafferty told MPs, senators and ambassadors in Ottawa last week.

"Canada needs a plan that will improve public education about eye health; one that will allow Canadians access to approved treatments, rehabilitation, provide funding for research and show continued support to

international blindness prevention efforts," says Rafferty.

VISION 2020 Canada is part of VISION 2020, the global initiative for the elimination of avoidable blindness, a joint program of the World Health Organization (WHO) and the International Agency for the Prevention of Blindness (IAPB) with an international membership of NGOs, professional associations, eye care institutions and corporations.

— Sarah Pettersen, VISION 2020 Canada



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VISION QUEST FOR HOPE

For Donna Green, attending her first Vision Quest conference was "like Dorothy finding home."

Green was diagnosed with retinitis pigmentosa (RP) in her 20s. For the first few years she ignored it, but as her vision deteriorated she had to face the fact that she was losing her sight.

"The limits of my vision and my likely future preyed on my mind all of the time. I felt disconnected from my family and friends; no one I knew had experienced anything similar. I lived with growing isolation and fear," Green says.

Then Green heard about Vision Quest, a conference organized by the Foundation Fighting Blindness (FFB), a Canadian charity dedicated to finding the causes, treatments and cures for retinal diseases like macular degeneration and RP.

"For me, Vision Quest was like Dorothy finding home," Green says.

"I learned so much from the researchers,



Donna Green, left, at the Foundation Fighting Blindness' annual Ride for Sight fundraiser with the charity's president and CEO, Sharon Colle.

VISION QUEST PHOTO

and for the first time there was something I could do."

And "do" she did. Green organized future Vision Quests and eventually became the first visually impaired person to serve as chair of the FFB board of directors.

"Vision Quest helped me learn about my own disease and inspired me to get involved," Green says. "It is a pattern I have seen happen over and over again. Vision Quest is a key part of the stories of most of our board members, fundraising volunteers and patient spokespeople."

Are you the next Donna Green? Attend Vision Quest Toronto on Nov. 3. Register at ffb.ca/visionquest or call 1-800-461-3331, ext. 263.

— Erin George

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MLB. Expos great Carter to be honoured in Montreal

Montreal will name a street and a park after Gary Carter, the Hall of Fame catcher who defined the golden era of a once-beloved franchise.

Carter died in February of cancer at age 57.

On Wednesday, the city announced the details of its tribute to the player who starred with the now-defunct Expos for more than half of his career.

The street borders Jarry Park, where the Expos played for most of their first decade and where Carter made his



Gary Carter attends the baseball Hall of Fame induction ceremony in 2005. GETTY IMAGES

big-league debut.
THE ASSOCIATED PRESS

Tennis

Federer flies in face of threats

Roger Federer ignored recent death threats from a Chinese blogger and won his opening match at the Shanghai Masters on Wednesday, beating qualifier Lu Yen-Hsun 6-3, 7-5 in the second round.

Federer has had heavy security surrounding him since arriving in Shanghai.

Twelfth-seeded Canadian Milos Raonic lost his second-round match to unseeded Marcos Baghdatis of Cyprus 7-6 (4), 6-7 (5), 7-6 (3). THE ASSOCIATED PRESS

CFL. Ottawa gets closer to bringing back football

Long history

The Ottawa Rough Riders played in the league from 1958 to 1996, and the Renegades called Ottawa home from 2002 to 2006.

community proud and our league even stronger," CFL commissioner Mark Cohon said in a statement.

"This is a great day for our league."

THE CANADIAN PRESS

Carpenter builds upon legacy

MLB. Surgically repaired ace leads St. Louis to 2-1 NLDS lead in D.C.

Chris Carpenter was every bit the post-season ace he's been in the past for the St. Louis Cardinals.

Taking the mound for only the fourth time in 2012, missing a rib after surgery to cure numbness on his right side, the 37-year-old Carpenter pitched scoreless ball into the sixth inning, rookie Pete Kozma delivered a three-run homer, and the defending champion Cardinals beat the Washington Nationals 8-0 Wednesday to take a 2-1 lead in their NL division series.

"If the baseball world doesn't know what an amazing competitor he is by now, they haven't been paying any attention," Carpenter's teammate Matt Holliday said. "Every guy on this team has watched him

Giants-Reds

Angel Pagan led off the game with a homer, Gregor Blanco and Pablo Sandoval connected later, and Tim Lincecum came out of the bullpen to help San Francisco top Cincinnati 8-3 Wednesday evening their series 2-2.

work his way back, watches him in between starts. He's a stud. Just a guy that you want out there."

All in all, it was quite a damper on the day for a Nationals Park-record 45,017 red-wearing, towel-twirling fans witnessing the first major league post-season game in the nation's capital in 79 years.

"We're not out of this, by a long shot," Nationals manager Davey Johnson said. "Shoot, I've had my back to worse walls than this." THE ASSOCIATED PRESS



Cardinals pitcher Chris Carpenter reacts after hitting a double in the fifth inning in Washington on Wednesday. Carpenter had two hits and pitched 5 2/3 innings in the St. Louis victory. ALEX BRANDON/THE ASSOCIATED PRESS

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NORTHLANDS EVENT

Former Armstrong teammate Barry dishes on doping

Cycling. Toronto native one of 11 to testify against cyclist who won and then lost seven Tour de France titles

Cheating was never part of Michael Barry's cycling dream. But once on the pro circuit, the Toronto native soon found it was part of the sport's reality at its highest level.

"My first year on the (U.S. Postal Service) team I was clean, but I saw what was going on around me," Barry told The Canadian Press in an interview from his home in Spain.

"I figured out my roommates were doping," said Barry, who joined the Lance Armstrong-led Postal team in 2002. "And then it started to wear on me, seeing all the drug use around me and I was suffering. I wasn't performing that well."

"And then the next season, one of the riders suggested that I might want to try using some EPO (a banned blood-boosting hormone) and testosterone. Eventually I approached the doctors and asked them. And it was supplied to me."

Barry, 36, says he stopped doping in 2006, but he has been forced to live a lie ever since.

Until Wednesday, when the U.S. Anti-Doping Agency revealed that Barry was one of 11 former teammates who had testified against Armstrong.

Barry's 16-page affidavit lifts the lid on the U.S. Postal Team



Michael Barry GETTY IMAGES FILE

Case against Armstrong USADA outlines its evidence

The U.S. Anti-Doping Agency released a report Wednesday on its case against Lance Armstrong — a point-by-point road map of the lengths Armstrong went to in winning seven Tour de France titles USADA has ordered taken away.

Over nearly 200 pages, USADA details cheating by Armstrong's teams and names 11 former teammates as key witnesses.

The report accuses Armstrong of depending on performance-enhancing drugs to fuel his victories and "more ruthlessly, to expect and to require that his teammates" do the same.

Armstrong did not fight the USADA charges but insists he never cheated.

THE ASSOCIATED PRESS

strong asked him if he would testify there was no systematic doping on their team.

The USADA has banned Armstrong for life and says his seven Tour de France victories are nullified. In the wake of his admissions, Barry has received the minimum six-month suspension.

THE CANADIAN PRESS

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AMERICAN LEAGUE

N.Y. YANKEES VS. BALTIMORE

(N.Y. Yankees lead series 2-1)

Wednesday's result

N.Y. Yankees 3 Baltimore (12 innings)

Monday's result

Baltimore 3 N.Y. Yankees 2

Thursday's game

Baltimore (Saunders 3-3 or Tillman 9-3) at N.Y. Yankees (Hughes 16-13), 7:37 p.m.

Friday's game

x-Baltimore (Hamrell 8-6) at N.Y. Yankees (Sabathia 15-6), 5:07 or 7:07 p.m.

DETROIT VS. OAKLAND

(Detroit leads series 2-1)

Wednesday's result

Detroit at Oakland

Tuesday's result

Oakland 2 Detroit 0

Thursday's game

Detroit (Verlander 17-8) at Oakland (Parker 13-8), 9:37 p.m.

NATIONAL LEAGUE

WASHINGTON VS. ST. LOUIS

(St. Louis leads series 2-1)

Wednesday's result

St. Louis 8 Washington 0

Monday's result

St. Louis 12 Washington 4

Thursday's game

St. Louis (Lohse 16-3) at Washington

(Detwiler 10-8), 4:07 p.m.

Friday's game

x-St. Louis at Washington, 8:37 p.m.

CINCINNATI VS. SAN FRANCISCO

(Series tied 2-2)

Wednesday's result

San Francisco 8 Cincinnati 3

Tuesday's result

San Francisco 2 Cincinnati 1 (10 innings)

Thursday's game

San Francisco (Cain 16-5) at Cincinnati

(Latos 14-4), 1:07 p.m.

x — played only if necessary.

TRANSACTIONS

MLB

AMERICAN LEAGUE

TORONTO BLUE JAYS — Reinstated RHP

Jesse Litsch from the 60-day DL, who refused outright assignment and elected to become a free agent.

NATIONAL LEAGUE

CINCINNATI REDS — Deactivated RHP

Johnny Cueto. Activated RHP Mike Leake.

CFL

CALGARY STAMPEDERS — Signed DE

Anwar Stewart to the practice roster.

WINNIPEG BLUE BOMBERS — Signed DB

Vincent Agnew to the practice roster.

NATIONAL LEAGUE

CARDINALS 8, NATIONALS 0

	ab	r	h	bi	Washington	ab	r	h	bi
Jay cf	4	2	2	0	Werth rf	3	0	1	0
Beltre rf	4	1	2	0	Harper cf	5	0	2	0
Holiday lf	5	1	3	2	Zimmerman 3b	4	0	2	0
Robinson pr-lf	0	0	0	0	Laroche 1b	3	0	0	0
Craig 1b	3	0	1	1	Morse lf	4	0	0	0
Molina c	3	1	0	1	Desmond ss	4	0	3	0
Freese 3b	4	2	2	0	Espinosa 2b	3	0	0	0
Desclavo 2b	4	1	1	1	Suzuki c	4	0	0	0
Kozma ss	5	1	1	3	Bernadina ph	1	0	0	0
Schumaker ph	1	0	0	0	Lombardozzi ph	1	0	1	0
Carpenter 3b	0	0	0	0	Tracy ph	1	0	0	0
Totals	34	8	12	8	Totals	33	7	0	7
	130	0	120	8		000	000	000	000

AMERICAN LEAGUE

YANKEES 3, ORIOLES 2 (12)

	ab	r	h	bi	N.Y. Yankees	ab	r	h	bi
Baltimore	ab	r	h	bi					
McLouth lf	5	0	2	0	Jeter ss	4	0	2	1
Hardy ss	5	0	0	0	Nix ss	1	0	0	0
Davis rf	2	0	0	0	Suzuki lf	5	0	0	0
Chavez rf	1	0	0	0	Rodriguez dh	3	0	0	0
Jones cf	5	0	1	0	Ibanez ph-dh	2	2	2	2
Wielers c	5	0	0	0	Cano ph	4	0	0	0
Thome dh	5	0	0	0	Swisher rf	4	0	1	0
Reynolds 1b	4	0	1	0	Teixeira 1b	4	0	0	0
Flaherty 2b	3	1	1	1	Granderson cf	4	0	0	0
Andino 2b	2	0	1	0	Martin c	4	1	2	0
Machado 3b	3	1	1	1	Chavez 3b	4	0	0	0
Totals	40	2	7	2	Totals	39	3	7	3
	000	000	000	000		000	010	000	000
						001	000	001	001

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA
Montreal	14	8	6	0	382	405
Toronto	14	7	7	0	327	357
Hamilton	14	5	9	0	421	444
Winnipeg	14	4	10	0	274	428

WEST DIVISION

	GP	W	L	T	Pct	PF	PA
x-B.C.	14	10	4	0	.365	271	321
Saskatchewan	14	8	6	0	.377	290	216
Calgary	14	8	6	0	.398	329	16
Edmonton	14	6	8	0	.314	334	12

x — clinched playoff berth.

Monday's results

Saskatchewan 36 Toronto 10

Winnipeg 27 Montreal 22

Saturday's result

B.C. 27 Calgary 22

Friday's result

Edmonton 35 Hamilton 20

WEEK 16

	GP	W	L	T	Pct	PF	PA
Baltimore	14	10	4	0	.365	271	321
N.Y. Yankees	14	0	14	0	.071	300	300
Totals	40	2	7	2	.300	1000	1000

N.Y. Yankees

001 000 001 001 —3

LOB-Baltimore 6, New York 3. DP—

Baltimore 1. New York 1.2-B-Martin (1).

3B—Jeter (1), HR—Ibanez (2), Flaherty

(1); Machado (1). SB—McLouth (1). S—

Machado.

Baltimore

IP H R ER BB SO

	IP	H	R	ER	BB	SO
Gonzalez	7	5	1	1	0	8
O'Day H, 2	1	0	0	0	0	1
Johnson BS, 1	2	1	1	1	0	1
Matusz L, 0-1	1	1	1	1	0	1

N.Y. Yankees

81-3 5 2 2 1 3

Logan 1-3 0 0 0 0 1

Soriano 1-1-3 1 0 0 0 1

Robertson W, 1-0 2 1 0 0 0 0

Matusz pitched to 1 batter in the 12th

T — 3:31. A — 50,497 (50,291) at New York.

HBP — Davis; Reynolds.

T — 3:35. A — 44,375 (42,319) at Cincinnati.

Cincinnati 101 000 000 —3

E—Lincecum. LOB—Cincinnati 10, San Francisco 5. DP—Cincinnati 2. 2B—Arias 2 (2), Sandoval 2 (2), Sutarto (1), Stubbs (1), Pagan (1). 3B—Ludwick (2), Pagan (2). 1B—Sandoval (1); Blanco (1). S—Sutarto. SF—Phillips, Lats 14-4), 1:07 p.m.

x — played only if necessary.

SOCCER

MLS

EASTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-Kansas City	17	7	8	59	40	26
x-Chicago	17	10	5	56	45	39
D.C.	16	10	6	54	49	40
New York	15	9	8	53	44	26
Houston	13	8	11	50	45	38
Columbus	14	11	7	45	46	35
Montreal	12	15	5	41	45	50
Philadelphia	10	15	6	36	35	37
New England	7	17	8	29	37	44
Toronto	5	20	7	22	35	60

WESTERN CONFERENCE

	W	L	T	Pts	GF	GA
x-San Jose	19	6	7	64	69	40
x-Real Salt Lake	17	11	4	55	46	35
x-Seattle	14	7	10	52	48	31
x-Los Angeles	15	12	5	50	56	45
Vancouver	11	12	9	42	35	40
Dallas	9	12	11	38	39	42
Colorado	9	19	4	31	40	50
Portland	7	16	9	30	32	55
Chivas USA	7	17	8	29	22	54

x — clinched playoff berth.

Wednesday's result

Real Salt Lake at Seattle

Saturday's games — All Times Eastern

Montreal at Toronto, 1:30 p.m.

Kansas City at New York, 7 p.m

Horoscopes

 **Aries**

March 21 - April 20

The only thing that can hold you back is a negative attitude to life. No matter how tough things may be, or you think they may be, make sure you look on the bright side — and your day will be brighter too.

 **Taurus**

April 21 - May 21

Promise yourself now that no matter how much certain people may annoy you, it is not going to change what you do. Also, don't lose your temper. If you do, it means they will see it as a victory.

 **Gemini**

May 22 - June 21

Don't be too eager to change things today because the planets indicate you will just have to change them back again later. On the work front, especially, you are advised to sit tight and not rock the boat — yet.

 **Cancer**

June 22 - July 21

Something is worrying you to the extent that you can't get it out of your head. You of all people should know it's not healthy to dwell on negative thoughts, so focus your mind on something more uplifting.

 **Leo**

July 22 - Aug. 23

Watch what you spend today: Cash will slip through your fingers so easily. Neptune in the wealth area of your chart brings lessons about the true value of money and possessions. They don't have to be hard lessons.

 **Virgo**

Aug. 24 - Sept. 23

There is a danger that your imagination will get the better of you and before you know it, you will be off in la-la land with all the other fantasists. You don't want that. Keep your head out of the clouds.

 **Libra**

Sept. 24 - Oct. 23

Others are going to misunderstand you today, willfully or otherwise, so it probably does not matter what you say or do. Everyone has an opinion but that does not mean you have to listen to them all.

 **Scorpio**

Oct. 24 - Nov. 22

Saturn in your sign is linked to Neptune, planet of generosity, so make sure that what you give, either as a gift to a friend or as charity to a stranger, is put to good use. Don't just give and forget.

 **Sagittarius**

Nov. 23 - Dec. 21

You seem to have got it into your head that you owe other people more than they owe you. That's highly unlikely to be true. The fact is you owe nothing to anyone — except, of course, to yourself.

 **Capricorn**

Dec. 22 - Jan. 20

Are you seeing things as they really are or is your mind painting pictures that are designed to make you feel good? Your task today is to recognize life for what it is, not what you wish it might be.

 **Aquarius**

Jan. 21 - Feb. 19

It's not easy seeing things from another person's point of view, especially when your own outlook is somewhat rigid, but you must make the effort today. If you do, what you see will both delight and enrich you.

 **Pisces**

Feb. 20 - March 20

Do not give up on a project that seems to have ground to a halt. Maybe it has, but the planets say is only a temporary delay and one that may even benefit you in the long term.

SALLY BROMPTON

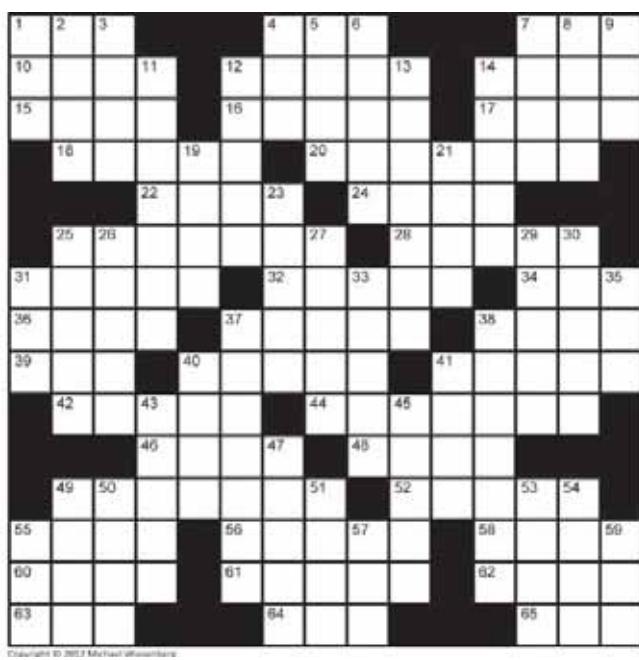
Fun Stuff

Across

- Halloween's month: abbr.
- The ___: Canada's largest department store, familiarly
- Whirlpool site
- Excite, as an appetite
- "Dear Sir or ___"
- Blacken in a pan
- Biblical ark builder
- BC neighbour to the south
- Need
- Activate, as an elevator button
- 8 miles from Lake Louise, this lake has the same blue-green color and is named from the rockpile at one end
- Wowed
- Rowboat equipment
- Canada's most populous province
- Post-___ drip: cold symptom
- Morning ___: climbing flower
- 4th month
- "Are we having ___ yet?"
- Garfield* comic strip dog
- Puts money into a poker pot before cards are dealt
- Mexican restaurant fare
- Moines, Iowa
- Easy to see or understand
- Tiny bits, from a Greek letter
- Detox center
- Midpoints
- Mined materials
- Boozehound
- Stuck (to)
- Apartment owned by a resident
- Biblical Jacob's brother
- It's often stranger than fiction
- Distinctive flavour
- Business group
- Holding a higher position than
- Heavy-metal vocalist Osbourne
- Beach pursuit
- Air leak sound
- End-of-summer mo.

Down

- Possess
- Cut with an ax
- Rip, as paper
- Evil
- Comic Sandler
- Google competitor
- Bond portrayer Connery
- Window unit
- Statues and paintings, e.g.
- IMAX ___
- Ebenezer Scrooge, for one
- Toronto-born Rick of *Honey, I Shrunk the Kids*
- Cheese with holes
- Bend with the breeze
- Shrinking Asian inland sea
- Mother of William and Harry
- More aged
- Racket
- Eye related
- "___ worse than death" (2 wds.)
- Star Wars creator George
- Deity
- Sign up for more magazine issues
- 1, 2, 3, etc.: abbr.
- Canada's fourth-largest province
- Biggest city in 25-Across
- Peel, as an apple
- Pay ___ mind: disregard (2 wds.)
- [Yawn]: (2 wds.)
- Specialized market
- Belgrade citizens
- Where to find Siberia
- "Heck"
- Batman and Robin and Abbott and Costello
- Haagen-___ ice cream
- Entre dix et douze
- Lizard often found in crossword puzzles
- Boob tubes
- Cheat



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Weather

TODAY



MAX: 4°
MIN: -5°

FRIDAY



MAX: 8°
MIN: 0°

SATURDAY



MAX: 16°
MIN: 3°



MICHELE MCDOUGALL
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

3	4	6	7	5	8	1	2	9
2	1	8	4	9	3	7	6	5
7	5	9	2	6	1	3	8	4
9	2	1	6	3	8	4	2	5
8	3	4	9	7	2	1	5	6
6	2	8	5	1	4	9	7	3
5	8	7	3	2	6	4	9	1
1	9	3	5	4	7	6	2	8
4	6	2	1	8	9	5	3	7

2	8		6	5
7		3	9	
			7	6
		7	8	3
4				6
		2	4	
8			1	7
		2	4	
4			7	5
		3	2	1
			5	8

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